Now We Are Five

Frontier Elementary's Fifth Anniversary Cookbook

FRONTIER ELEMENTARY SCHOOL'S FIFTH ANNIVERSARY COOKBOOK

Sponsored by

FRONTIER ELEMENTARY PTO

Colorado Springs, Colorado

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DEDICATION

We dedicate this cookbook to all the children who have attended Frontier Elementary during the past five years. Their desire to learn and enthusiastic spirit have greatly contributed to the success of Frontier.

We also dedicate this book to Dr. Jackson, Ms. Steed and the superb faculty and staff at Frontier. Our thanks go to them for the many hours they have spent teaching and nurturing our children.

We hope you will enjoy the many outstanding and treasured recipes on the pages that follow.

Expression of Appreciation

The Frontier PTO would like to thank and express our sincere appreciation to the parents and students of Frontier who gave so generously of their time and energy in submitting recipes. Without their help, this cookbook would not have been possible.

We would also like to thank and congratulate Abbie Tippie, a first grade student in Mrs. Kreider's class, who designed our terrific cookbook cover. Good job, Abbie!

FRONTIER ELEMENTARY SCHOOL

Colorado Springs, Colorado

Your Favorite Recipes

Recipe	Page Number

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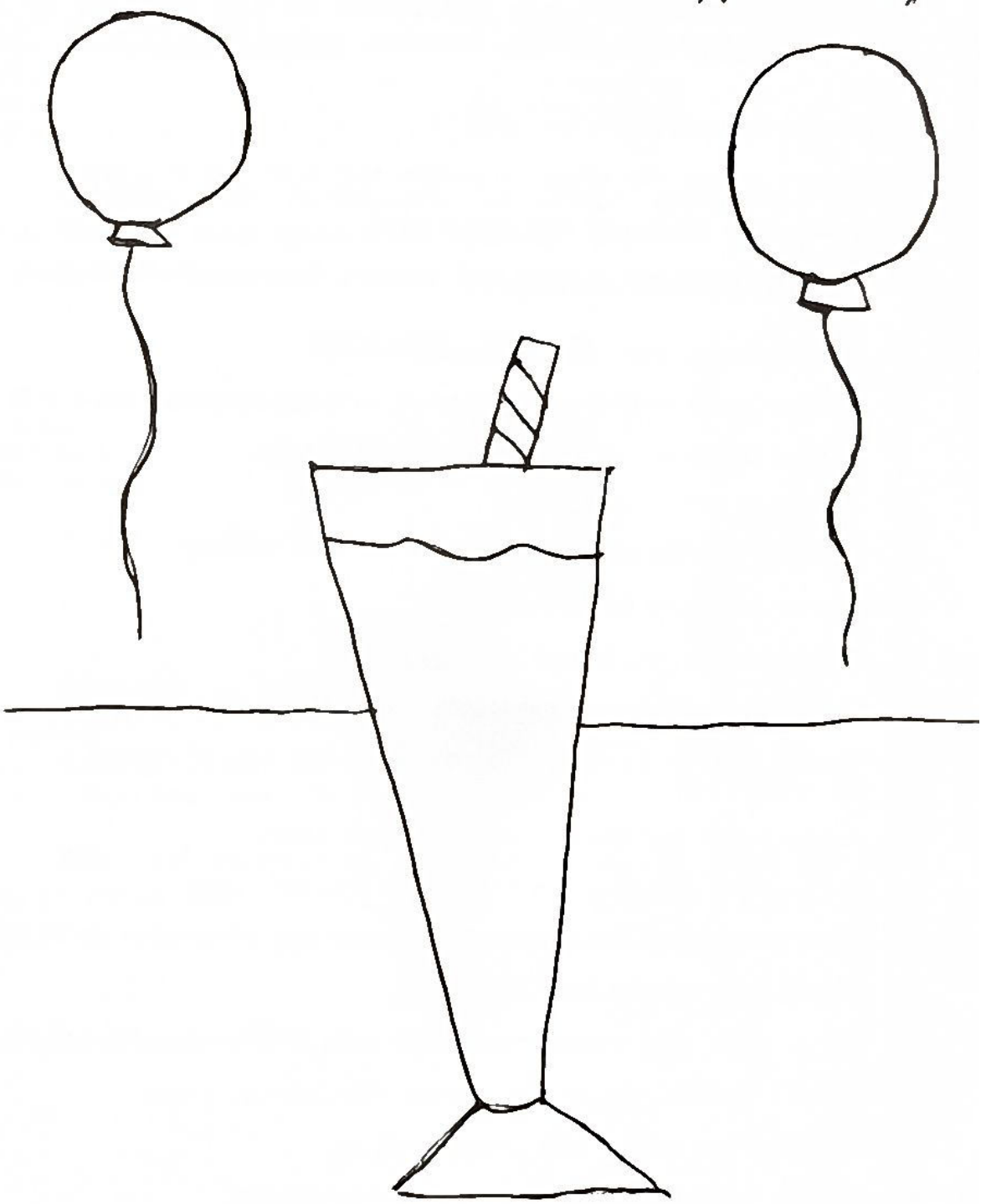
Party-time Cappetizers, punches)



Colleen Chambers
4th Grade - Ms. Nash

Appetizers

Appetizers are those treats that can be served either at the start of a meal or at a reception or open house. Listed below are quick appetizers that can be served anytime with crackers, thin sliced toasted bread or potato chips:

1. Caviar flavored with onion juice.
2. Cream cheese with chopped chutney and dash of curry powder.
3. Lobster tail moistened with lemon juice.
4. Almonds or pecans roasted and chopped, then mixed with anchovy paste.
5. Cream cheese with chopped pickle.
6. Chicken livers minced and moistened with mayonnaise.
7. Cheese squares with olive attached by toothpick.
8. Liverwurst with pistachio nuts.
9. Sardines with caviar paste.
10. Minced eggs with anchovies.
11. Cream cheese and horseradish.
12. Cream cheese and anchovy paste with grated onion.
13. Herring squares mashed in its own juice with dash of vinegar and Tabasco sauce.
14. Peanut butter and bacon toasted on dark bread.
15. Deviled ham with chopped onions and Spanish olives.
16. Stilton cheese moistened with Port wine.
17. Shrimp flavored with French dressing.
18. Caviar mixed with cream cheese with dash of Worcestershire sauce.
19. Peanuts roasted, crushed and mixed with anchovy paste.
20. Sardine slices topped with chopped olives.
21. Pimento cheese mixed with a dash of horseradish.
22. Minced shrimp with onion juice.
23. Cream cheese with dash of Worcestershire sauce and chives.

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COUNTDOWN COOLER

(Beverage)

1/2 (6 oz.) can frozen concentrated orange juice
1/2 c. milk
1/2 c. water
1/2 c. plain yogurt
1/2 banana
1 Tbsp. sugar or honey
1/2 tsp. vanilla
6 to 8 ice cubes

Combine all ingredients in blender container. Cover and blend at high speed until smooth. Serve at once.

Priscilla and Chris Cozzens

ORANGE JULIUS

1 (6 oz.) can frozen orange juice
1/2 c. milk
1/2 c. water
1/4 tsp. vanilla
5 to 6 ice cubes
1 egg

Blend together in mixer until smooth and creamy.

Kari Etchells

SPICED COCOA

7 or 8 oz. jar creamer (for coffee)
2 lb. Nestle Quik chocolate
1 (8 qt. size) powdered milk
2 tsp. ground cinnamon
1/2 tsp. ground cloves
2 c. powdered sugar

Mix all ingredients together. Store in glass jar with lid or coffee can with lid. Serve on cold day. Use 2 to 4 heaping spoonfuls per mug of hot water. Enjoy!

Kim Koon

PARTY PUNCH

2 boxes jello
4 c. boiling water
1 1/2 c. sugar
1 (8 oz.) bottle lemon concentrate
1 (46 oz.) can pineapple juice
1 qt. ginger ale or 7-Up
4 c. cold water

Dissolve jello in boiling water. Stir in sugar until dissolved. Allow to cool slightly; add cold water, lemon concentrate and pineapple juice. Pour into punch bowl. Add crushed ice and 7-Up or ginger ale.

Debbie Rhodes

MEXICAN LAYERED DIP

2 (15 oz.) cans refried beans
1 (8 oz.) can chopped green chiles
1/2 c. mayonnaise
1/2 c. sour cream
2 avocados, peeled and chopped
2 Tbsp. lemon juice
1/2 c. picante sauce
1 c. shredded Cheddar cheese
1 c. shredded Monterey Jack cheese
4 green onions, chopped
1 (4 oz.) can sliced black olives
tortilla chips

Spread beans in 9 x 13-inch baking dish. Combine mayonnaise and sour cream; spread over beans. Sprinkle chopped avocados with lemon juice; layer over mayonnaise mixture. Cover with picante sauce. Sprinkle with Cheddar and Jack cheeses, then onions. Bake, uncovered, at 350° for 30 minutes. Also delicious served cold. Serve with tortilla chips.

Ann Eller

MICROWAVE CRAB DIP

1 (8 oz.) cream cheese
1 can crab meat
1/2 c. Parmesan cheese
2 Tbsp. chopped green onion
1/4 c. sour cream
1/4 c. mayonnaise

Mix all together. Microwave at 70% power for 6 minutes until warm throughout. Serve with crackers (Triscuits or Wheat Thins are great).

Mary Starzecki

FIESTA DIP

(Crock-Pot)

1 (16 oz.) can refried beans
1 c. grated Cheddar cheese
1/2 c. taco sauce
1 tsp. taco powder
1 green chili, chopped (optional)

Combine. Cover; cook 1 to 3 hours in small crock-pot.

Sandi Dye

HOT BEAN DIP

1 lb. ground beef
1 small onion, chopped
1 pkg. taco seasoning mix
1 (16 oz.) can refried beans
1 (8 oz.) can tomato sauce

Brown ground beef and onion; drain off excess grease. Add rest of ingredients and heat mixture through. Put into ungreased 8 x 8-inch baking dish. Spoon 8 ounces sour cream over top, then top with 2 parts yellow cheese and 1 part Mozzarella cheese, grated. Heat in moderate oven until cheese melts. Serve with nacho chips.

Becky Needham

CREAMY SPINACH DIP

1 c. sour cream
1 c. mayonnaise
1 pkg. frozen chopped spinach, thawed, drained and squeezed
1/2 c. chopped green onions
1/4 c. minced fresh parsley
1/2 tsp. oregano
1/2 tsp. dill weed
1 tsp. seasoned salt
dash of red pepper sauce
1/2 tsp. lemon juice

Combine all ingredients and refrigerate. Serve in hollowed out Sheepherder's bread. (Use bread for pieces for dipping.)

Michelle Pohm

HOT CRAB DIP

8 oz. cream cheese
1 Tbsp. milk
6 1/2 oz. crab meat
2 Tbsp. chopped onion
1/2 tsp. horseradish
1/4 tsp. salt
dash of pepper

Blend all ingredients. Bake at 375° for 20 minutes.

Bonnie Holsinger

GUACAMOLE

2 ripe avocados
1 large tomato
1 small onion, chopped
1 clove crushed garlic
2 tsp. olive oil
2 Tbsp. Parmesan cheese, grated
1 Tbsp. lemon juice
1 tsp. salt
1 small can chopped hot chiles

Chop avocados and tomato. Add remaining ingredients. Cover tightly and store in refrigerator. Serves 4 to 6 as a salad, 8 to 10 as a dip.

Sandy Kellerman

CHIPPED BEEF DIP

1 (5 oz.) pkg. chipped beef, chopped
2 (8 oz.) pkg. cream cheese
1/4 c. green pepper, chopped
2 Tbsp. instant onion
almonds, sliced (optional)
1 tsp. Worcestershire sauce
1 pt. sour cream
1/4 tsp. garlic salt

Mix together all ingredients except almonds in a large bowl. Put in an ovenproof 1 to 1 1/2 quart sized dish. Spread almonds evenly over top. Bake at 350° until bubbly in the middle. Spread on thin party rye bread or on rye crackers. Serve hot.

Linda Saunders

MOM'S LAYER DIP

1 (8 oz.) pkg. cream cheese, softened
1 lb. tiny frozen shrimp, thawed
2 Tbsp. lemon juice
4 oz. salsa
1 c. scallions, chopped
1 green pepper, chopped
8 oz. grated Monterey Jack cheese
1 (15 oz.) can sliced black olives
1/2 tsp. garlic powder
1/4 tsp. oregano
tortilla chips

Spread softened cream cheese onto a large plate or platter. Sprinkle thawed shrimp with lemon juice, then dice up shrimp. Mix shrimp with salsa and spread over cream cheese. Sprinkle scallions over shrimp and salsa layer, then layer tomato and green pepper over the other layers. Top with cheese; sprinkle olives on top. Sprinkle seasonings over all. Chill 2 hours.

Marlene Hoffman

HOT CRAB DIP

1 (8 oz.) pkg. cream cheese
1 can good crab meat with juice
1 tsp. horseradish
1 handful slivered almonds

Mix well and heat until bubbly. Serve with Doritos.

Cheryl St. Vincent

CHEESE AND HAM BALLS

3 (8 oz.) Philadelphia cream cheese
1/2 lb. chipped ham
2 Tbsp. grated onion
1/4 c. mayonnaise

Mix all ingredients and roll in chopped pecans. Shape into balls the size of a large orange.

Bonnie Holsinger

BUFFET MEAT BALLS

(Appetizers)

1/4 c. butter
1 clove garlic, bruised
1 1/2 lb. lean ground beef
1/4 c. Italian-style breadcrumbs
1/4 c. finely chopped walnuts
1 small onion, finely chopped
1 clove garlic, minced
1 Tbsp. grated Parmesan cheese
1/2 tsp. sweet basil
1 tsp. salt
dash of pepper
1/8 tsp. paprika
1 egg, lightly beaten
2 rounded Tbsp. sour cream
1/4 c. red wine

In a large skillet, place butter and bruised garlic clove. Set aside.

In a bowl, combine all remaining ingredients except red wine. Form mixture into 1-inch balls.

Place skillet over heat and saute garlic in butter for 1 minute. Add meat balls and brown thoroughly. Add wine to skillet and simmer for 20 minutes. Discard garlic. Serve in a chafing dish with wooden picks. Yield: 6 dozen.

Pat Albright

SAUSAGE AND APPLE APPETIZERS

2 Tbsp. margarine
1 large onion, chopped
1/2 c. apple jelly
1/2 c. firmly packed brown sugar
2 lb. cocktail size smoked sausages
3 apples, peeled, cored and sliced
1 Tbsp. cornstarch
2 Tbsp. warm water

In a large skillet, melt margarine. Add onion and saute until golden. Stir in apple jelly and brown sugar. Add sausages and reduce heat to medium-low. Cook, stirring occasionally, 20 minutes or until mixture begins to thicken. Add apples, partially cover pan and cook 10 minutes or until apples are tender. Combine cornstarch and water; stir into mixture in pan. Cook 2 to 3 minutes more. Serve warm.

Sherry Phipps

SAUCY CHESTNUTS

1 lb. lean bacon
2 (8 oz.) cans whole water chestnuts, drained
2/3 c. brown sugar
2/3 c. catsup

Cut bacon strips in half. Wrap around water chestnuts and secure with a wooden pick. Place on a rack over a baking sheet with sides. Bake at 300° for 55 minutes.

Remove from rack and place in a baking dish. Mix sugar and catsup. Pour over bacon. Bake at 300° for 55 minutes, basting occasionally. Yield: 3 dozen.

Pat Albright

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I owe this school all my thanks for helping me learn and grow; thanks Frontier.

Thea Etchells

BARBECUED SHRIMP

5 lb. unpeeled shrimp
1 1/2 c. butter
8 oz. Italian salad dressing
1/3 c. lemon juice
1/4 c. olive oil
2 to 3 cloves garlic, peeled and minced
1/2 tsp. hot pepper sauce
2 to 3 Tbsp. ground black pepper
1 Tbsp. Worcestershire sauce

Wash shrimp and drain well. Melt butter in a 3 quart casserole dish while you are preheating oven to 350°. Add salad dressing, lemon juice, olive oil, garlic, pepper, hot pepper sauce and Worcestershire sauce to butter. Add shrimp. Bake, covered, for 35 to 45 minutes, stirring occasionally. Shrimp will turn bright pink when done. Don't overcook, but be certain they are completely cooked.

Lynda Shirk

SPICY SHRIMP

1 lb. medium shrimp
1/4 c. margarine
1/4 c. vegetable oil
2 Tbsp. lemon juice
1/4 tsp. salt
1/4 tsp. pepper
2 Tbsp. hoisin sauce
1 to 2 Tbsp. sugar
1 bay leaf, crushed
1 garlic clove, crushed
1/2 tsp. dried basil
1/2 tsp. dried rosemary
1/2 tsp. paprika
1/4 tsp. Tabasco
2 to 3 Tbsp. dry sherry

Peel and clean shrimp. In a large skillet, melt margarine. Add shrimp. Saute 3 to 4 minutes until shrimp begin to turn pink. Add remaining ingredients, except sherry. Simmer 3 minutes, stirring occasionally. Add dry sherry. Cover and let stand 5 minutes. Spoon shrimp and sauce into serving bowl.

Cindy Billock

SAVORY CRESCENT CHICKEN SQUARES

1 (3 oz.) pkg. cream cheese, softened
3 Tbsp. margarine, melted
2 c. cooked cubed chicken
2 Tbsp. milk
1/4 tsp. salt
1/8 tsp. pepper
1 Tbsp. chopped onions
1 (8 oz.) pkg. crescent rolls
3/4 c. seasoned croutons, crushed

Blend cream cheese and 2 tablespoons margarine until smooth. Add chicken, milk, salt, pepper and onion; mix well.

Separate crescent dough into 4 rectangles; firmly press perforations to seal. Spoon 1/2 cup meat mixture into center of each rectangle. Pull 4 corners of dough to top center of chicken mixture. Twist slightly and seal edges. Brush tops and bottoms with reserved margarine (melted) and dip in crushed seasoned croutons. Bake on ungreased cookie sheet 20 to 25 minutes at 350° or until golden brown.

Note: Baked squares freeze well.

I have made these where I roll them rather than pulling the 4 corners to center.

Michelle Pohm

CHICKEN DRUMMETTES OR WINGS

1 family pack chicken wings or drummettes
1 large jar (18 oz.) orange marmalade
1 pkg. herb and garlic dressing mix
1 c. orange juice
paprika to taste (I use lots)

Mix marmalade, dressing mix and orange juice; pour over chicken wings in a roasting pan. Sprinkle with paprika. Bake 1 to 1 1/2 hours in 325° oven until nicely browned. Great for appetizer.

Linda Ferguson

MARINATED CHICKEN WINGS

chicken wings
soy sauce
sugar
garlic salt

Cut tips off wings and discard. Cut remaining wing in half and set aside. In roasting pan pour 1 bottle of soy sauce, 1/2 cup sugar and 1 teaspoon garlic salt. Mix and add wings. Cover; marinate overnight or at least 4 hours. Drain marinade and discard. Bake in 350° oven for 1 hour.

Regina St. John

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Frontier is... flying through the work as swiftly and as quickly as a Frontier Eagle.

Tara Cox

RUSSIAN PASTRIES

1 (8 oz.) pkg. cream cheese, softened
1 1/2 c. all-purpose flour
1/2 c. butter or margarine (1 stick), softened
2 eggs
1/2 lb. ground beef
1 medium onion, diced
1/4 c. water
1/4 c. sour cream
3 Tbsp. sweet pickle relish
1/2 tsp. salt
1/2 tsp. dill weed
1/8 tsp. pepper

In medium bowl with hand, knead cream cheese, flour and butter until smooth. Shape dough into ball; wrap in plastic wrap or foil. Refrigerate until chilled, about 1 hour.

Meanwhile, hard-cook 1 egg; chop.

In 10-inch skillet over high heat, cook ground beef and onion until meat is browned and all pan juices evaporate; drain any grease. Remove skillet from heat; stir in water, sour cream, pickle relish, salt, dill weed, pepper and chopped egg; set aside.

On floured surface with floured rolling pin, roll half of dough 1/8-inch thick. With floured 2 3/4-inch round cookie cutter. Cut out 20 dough circles. Repeat with remaining dough and trimmings to make about 50 dough circles in all.

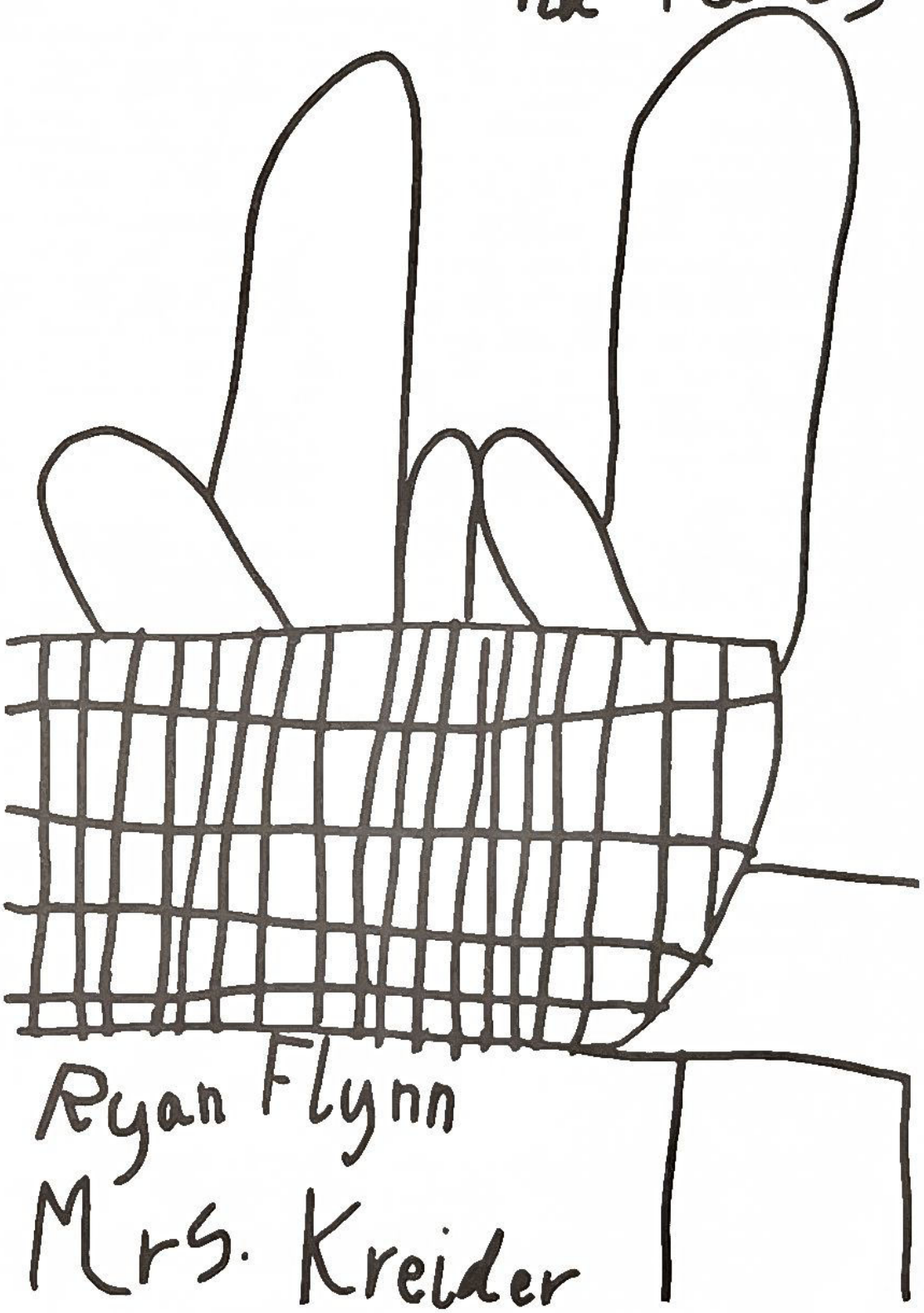
Onto one half of each dough circle, place a teaspoon of meat mixture. In cup with fork, beat remaining egg. Brush edges of dough circle with some egg; fold dough over filling. With fork, firmly press edges together to seal. Prick tops; brush with remaining egg. Arrange pastries on ungreased cookie sheet, about 1 inch apart. If not serving right away, cover with foil and refrigerate.

To serve, preheat oven to 425°. Bake pastries 10 minutes or until golden. Makes 50 pastries, 65 calories each.

To freeze and use up to 1 month later: Place unbaked pastries in freezer container with waxed paper between each layer; seal, label and freeze. About 25 minutes before serving, preheat oven to 425°. Arrange frozen pastries on ungreased cookie sheet and bake 15 minutes or until pastries are golden.

Stephanie Hunt, 4th Grade

Breads and Rolls



Ryan Flynn
Mrs. Kreider

Baking Tips

COMMON PROBLEMS (Common Failures)	CAUSES OF PROBLEMS (Causes of Failures)
Biscuits	
Rough biscuits	Insufficient mixing
Dry biscuits	Baking in too slow an oven and handling too much
Uneven browning	Cooking in dark surface pan, too high a temperature and rolling the dough too thin
Breads (yeast)	
Porous bread	Over-rising or cooking at too low a temperature
Crust is dark and blisters just under the crust	Under-rising
Bread does not rise	Over-kneading or using old yeast
Bread is streaked	Under-kneading and not kneading evenly
Bread bakes unevenly	Using old, dark pans, too much dough in pan, crowding the oven shelf or cooking at too high a temperature
Cakes	
Cracks and uneven surface	Too much flour, too hot an oven and sometimes from cold oven start
Dry cakes	Too much flour, too little shortening, too much baking powder or cooking at too low a temperature
Heavy cakes	Too much sugar or baking too short a period
Sticky crust	Too much sugar
Coarse grained cake	Too little mixing, too much shortening, too much baking powder, using shortening too soft, and baking at too low a temperature
Fallen cakes	Using insufficient flour, under baking, too much sugar, too much shortening or not enough baking powder
Uneven color	Cooking at too high a temperature, crowding the shelf (allow at least 2 inches around pans) or using dark pans
Uneven browning	Not mixing well
Cookies	
Uneven browning	Not using shiny cookie sheet or not allowing at least 2 inches on all sides of cookie sheets in oven
Soggy Cookies	Cooling cookies in pans instead of racks
Excessive spreading of cookies	Dropping cookies onto hot cookie sheets; not chilling dough; not baking at correct temperature
Muffins	
Coarse texture	Insufficient stirring and cooking at too low a temperature
Tunnels in muffins, peaks in center and soggy texture	Over-mixing
Pies	
Pastry crumbles	Over-mixing flour and shortening
Pastry tough	Using too much water and over-mixing the dough
Pies do not brown (fruit or custard)	Bake at constant temperature (400-425 degrees) in Pyrex or enamel pie pan

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PUMPKIN BREAD

2 1/2 c. unbleached flour
1 c. whole wheat flour
4 eggs
2 1/2 c. sugar
2/3 c. vegetable oil
2/3 c. water
1/2 c. wheat germ
2 tsp. baking soda
1 1/2 tsp. salt
1 tsp. cloves
1 tsp. cinnamon
1 tsp. nutmeg
2 c. pumpkin
1 c. raisins

What to do: In a large bowl place all the ingredients and beat together until well blended. Stir in raisins. Grease 2 loaf pans and divide up mixture between them. Bake at 325° for about 1 1/2 hours. Remove from pans and let cool. Put cooled loaves in plastic bags and store in refrigerator. Slice thinly to serve. What you get: 2 yummy loaves.

Mrs. Kreider's 1st Grade Class

HONEY OATMEAL BREAD

2 c. boiling water
1 c. dry oatmeal
2 pkg. yeast
1/3 c. water (lukewarm)
1 tsp. salt
1/2 c. honey
2 Tbsp. melted margarine
4 to 5 c. flour

Pour boiling water over oatmeal and let stand 1/2 hour. Then dissolve yeast in lukewarm water. Add salt, honey and margarine to oatmeal, then add yeast. Gradually add flour until ready to knead. Knead until elastic, about 10 minutes. Place in greased bowl and let rise until double. Punch down; shape into two loaves. Place in greased pans (9 x 5 x 3-inches). Preheat oven to 325°. Let loaves rise until double in pans. Brush loaves with egg yolks mixed with drops of water. Bake for 45 to 50 minutes. (No high altitude changes needed.)

Very low in fat. Pam can be sprayed in bowl and pans to cut fat.

CORN BREAD

1/2 c. margarine or butter
1/2 c. sugar
2 eggs
1 c. flour
1 c. cornmeal
1/2 tsp. salt
1 c. buttermilk or sweet milk with 1 Tbsp. vinegar
1 tsp. baking soda

Grease a 10 x 7-inch pan. Melt margarine or butter. Stir in sugar. Beat in eggs. Add flour, cornmeal and salt. Add buttermilk or soured milk. Just before adding liquid to batter, add baking soda to milk; mix well. Bake at 350° for 30 minutes or until toothpick comes out clean.

Cindy Fesgen

STRAWBERRY BREAD

4 eggs
1 1/4 c. oil
3 c. flour
2 c. sugar
3 tsp. cinnamon
2 pkg. (10 oz. each) frozen strawberries, thawed
1 tsp. baking soda
1 tsp. salt
1 c. chopped nuts

Preheat oven to 350°. Grease and flour two 9 x 5-inch loaf pans. In bowl, stir in strawberries, eggs and oil. In a large bowl, combine flour, sugar, cinnamon, baking soda, salt and nuts. Add strawberry mixture to dry ingredients and stir until well blended. Pour into prepared pans. Bake at 350° for 1 hour.

Jill Hegeman

ZUCCHINI BREAD

3 eggs
2 c. sugar
1 c. oil
1 tsp. vanilla
1 tsp. cinnamon
1 tsp. salt
1 tsp. baking soda
1/2 tsp. baking powder
2 c. zucchini, grated
3 c. flour
1 c. chopped nuts (optional)

Beat eggs until foamy in a mixing bowl. Add sugar, oil, vanilla, cinnamon, salt, soda, baking powder and flour. Mix well. Bake at 350° for 1 hour and 20 minutes. Makes 2 bread loaves.

Sherry Nowitzky

APPLES TO ZUCCHINI BREAD

3 c. flour
1 tsp. soda
1 tsp. salt
1/3 tsp. cinnamon
1/2 tsp. baking powder
3 eggs or 5 egg whites*
1 c. oil or 1 c. applesauce*
3/4 c. sugar
2 c. A to Z (see List)
3 tsp. vanilla
1 c. chopped nuts (optional)

Sift dry ingredients; set aside. Beat eggs in large bowl. Add oil or applesauce and sugar; cream well. Add A to Z and vanilla. Add dry ingredients; mix well. Add nuts. Spoon into 2 well-greased loaf pans. Bake at 325° for 1 hour.

List:

apples, grated
applesauce
apricots, chopped
bananas, mashed
carrots, grated
cherries, pitted and chopped
coconut, grated (fresh)
dates, finely chopped
eggplant, ground
grapes, seeded
honey (omit sugar)
lemons (use 1/2 c. sugar)
oranges, chopped
mincemeat
marmalade (omit sugar)
peaches (fresh or canned)
pears, chopped
pineapple (crushed), well drained
prunes, chopped (1 c. only)
pumpkin
raisins
strawberries, cut up small
sweet potatoes
tomatoes (1/2 c. sugar)
yogurt (1 c. with 1 c. fruit)
zucchini

*Note: By making these substitutions you can lower the fat and cholesterol in this bread.

Kari Etchells

* * * * *

The teachers at Frontier are nice because they are kind and they treat everybody the same.

Greg McSween

PEANUT BUTTER NUT BREAD

Topping:

2 Tbsp. butter
4 Tbsp. brown sugar
peanuts
1 Tbsp. water

Batter:

1 egg
2 Tbsp. melted butter
2 Tbsp. peanut butter
1 c. sour milk or buttermilk
2 c. sifted flour
1/2 tsp. baking soda
1 tsp. baking powder
1/2 tsp. salt
1 c. brown sugar

Topping: Spread butter on bottom of loaf pan. Cover evenly with sugar and peanuts. Sprinkle water over mixture. Cover with the following batter.

Batter: Beat egg. Add sugar gradually, mixing well. Stir in peanut butter and melted butter. Add milk. Sift together flour, soda, baking powder and salt. Add egg mixture. Stir until well blended. Bake at 350° in loaf pan (9 x 5-inches).

Cindy Billock

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Frontier means we can reach the unreachable and we can follow our dreams. I know that I am special in my own way and so is Frontier.

Jennifer Henderson

HONEY-GLAZED GINGERBREAD MUFFINS

Honey Butter:

3 Tbsp. soft butter or margarine
4 1/2 Tbsp. brown sugar
4 1/2 Tbsp. sugar
1 Tbsp. honey
2 tsp. water

Batter:

5 Tbsp. margarine, melted
1/4 c. brown sugar
1/4 c. sugar
1/4 c. molasses
2 eggs, beaten
3/4 c. buttermilk
1 3/4 c. flour
1/2 tsp. baking soda
3/4 tsp. baking powder
1 tsp. ginger
1 tsp. cinnamon
1/4 tsp. nutmeg

For the Honey-Butter, cream together the butter and sugar until fluffy. Blend in the honey and water. Beat until fluffy. Coat muffin tins with mixture.

For Batter, combine the melted butter, sugars, molasses, eggs and buttermilk. In another bowl combine the flour, baking soda and powder, ginger, cinnamon and nutmeg. Add liquid ingredients to dry ingredients mixture. Stir just until moistened. Spoon into muffin tins. Bake at 425° for 14 to 18 minutes. Let sit a minute or two, then remove from tins. Serve immediately.

Sherry Phipps

CINNAMON APPLE MUFFINS

1 3/4 c. all-purpose flour
3/4 tsp. salt
1/4 c. sugar
2 tsp. baking powder
2 eggs
4 Tbsp. melted butter
3/4 c. milk
1 Tbsp. cinnamon
4 Tbsp. honey
2 c. minced apples

Preheat oven to 400°. Sift dry ingredients. Mix together all wet ingredients. Combine with a few strokes all ingredients until wet. Fill greased tins 2/3 full and bake 20 to 25 minutes until golden brown. Let cool and sprinkle with powdered sugar.

Anne Marie Scro

PUMPKIN MUFFINS

1 1/2 c. flour
1/2 c. sugar
2 tsp. baking powder
1/2 tsp. salt
1/2 tsp. cinnamon
1/2 tsp. nutmeg
1/2 c. milk
1/2 c. pumpkin
1/4 c. melted butter/margarine
1 egg
1/2 c. raisins
cinnamon-sugar

Preheat oven to 400°. Grease muffin tins or use paper muffin cups. Mix only until flour is moistened. (Batter should be lumpy.) Fill cups 2/3 full. Sprinkle a little cinnamon-sugar on each and bake 18 to 20 minutes. Immediately remove from pan. (This recipe has not been adjusted for high altitudes.) Makes 12 muffins. Doubles easily.

Jo Brittain
Mother of Craig, Mitchell,
K-P.M.

ANGEL BISCUITS

5 c. self-rising flour
1/3 c. sugar
1 tsp. soda
1 c. vegetable shortening
2 pkg. yeast
1/4 c. lukewarm water
2 c. buttermilk

Mix soda and butter; let set. Dissolve yeast in water. Sift dry ingredients together. Cut in shortening, then add wet ingredients. Knead 2 minutes. Roll out and cut. Can be refrigerated. Let rise 1 hour before cooking. Place on a greased pan. Bake at 400° for 20 minutes.

Myra Fry

SEEDED PARMESAN PULL APARTS

3 Tbsp. butter
1 Tbsp. instant minced onion
2 tsp. dill seed
1 tsp. poppy seed
1/2 tsp. celery seed
1 (10 oz.) can Hungry Jack flaky biscuits
1/4 c. Parmesan cheese

Heat oven to 400°. Melt butter in 9-inch round pan to cover the bottom. Sprinkle seasonings evenly over butter. Separate biscuits and cut each into 4 pieces. Coat each biscuit piece with Parmesan cheese by shaking in plastic bag. Arrange in pan over seasonings and sprinkle tops with remaining cheese. Bake for 15 to 18 minutes. Turn upside-down onto serving plate. Serve warm.

Linda Harrison

CASSEROLE BREAD

1 pkg. yeast
1/2 c. warm water
1/2 c. lukewarm milk
2/3 c. margarine
2 eggs
1 tsp. salt
3 c. all-purpose flour

Dissolve yeast in warm water. Add all other ingredients except 2 cups of the flour. Beat about 2 minutes. Stir in remaining flour. Cover; let rise about 30 minutes. Beat down 25 strokes. Spread in greased 2 quart casserole. Cover; let rise about 40 minutes. Cook at 375° for 40 minutes.

Myra Sprague

* * * * *

I think Frontier has that speck of magic. You can't hear it, you can't see it, and you know you can't touch it ... it's just there!

Krissy McLelland

CINNAMON ROLLS

(Can be made 24 hours in advance.)

5 1/2 c. flour
1/4 c. sugar
1 tsp. salt
1 tsp. grated lemon peel
1 c. (2 sticks) margarine
1/2 c. warm water (105° to 115°)
2 pkg. active dry yeast
1 c. warm milk (105° to 115°)
2 eggs, beaten
1 c. sugar
1 c. raisins
1 tsp. cinnamon
additional melted margarine

Confectioners Sugar Frosting:

1 c. powdered sugar
1/2 tsp. vanilla
pinch of salt
milk

Combine flour, sugar, salt, grated lemon peel and margarine with pastry blender or 2 knives until the mixture resembles coarse meal. Measure warm water into a small bowl. Sprinkle in yeast; stir until dissolved. Add warm milk, eggs and dissolved yeast to flour mixture. Beat until thoroughly blended. Cover the bowl with plastic wrap, then cover with a towel. Let rest 20 minutes. Punch dough down. Turn out onto a heavily floured board.

Mix sugar, raisins and cinnamon. Divide the dough in half and roll one half into a rectangle 18 x 8-inches. Brush with margarine. Sprinkle with half of the cinnamon-sugar mixture. Roll up dough. Pinch seam. Cut into 1 1/2-inch rolls. Place in greased 9-inch cake pan. Repeat with other half. Cover loosely with wax paper sprayed with cooking oil spray. Refrigerate 2 to 24 hours.

When ready to bake, uncover; let stand for 10 minutes at room temperature. Bake at 350° for 30 minutes. Drizzle with Confectioners Frosting. Makes 2 dozen.

Sherry Helmer

BREAKFAST ROLLS

1 pkg. white frozen dinner rolls
1/2 c. butter
1/2 c. brown sugar
1 pkg. butterscotch pudding
1 tsp. cinnamon
nuts

Grease Bundt pan and arrange rolls in bottom. Mix dry ingredients together and sprinkle over rolls. Thaw overnight and let rolls rise. Bake at 350° for approximately 20 minutes.

Sherry Helmer

PANCAKES

1 c. flour
1 Tbsp. sugar
4 tsp. baking powder
1/2 tsp. salt
1 c. milk
2 eggs
2 Tbsp. oil

Beat egg whites until stiff. Add to other blended ingredients.

Marlene Hoffman

<<< Extra Recipes >>>

<<< Extra Recipes >>>

Main Dishes

Kjerstin Martin
2nd Grade
Ms. Kinsinger

Meat Cooking Chart

Roasting	Weight	Minutes Per lb.	Oven Temp.	Internal Temp.
FRESH PORK				
Rib and loin	3-7 lb.	30-40	325	175 F
Leg	5 lb.	25-30	325	170 F
Picnic shoulder	5-10 lb.	40	325	175 F
Shoulder, butt	3-10 lb.	40-50	325	170 F
Boned and rolled Shoulder	3-6 lb.	60	325	170 F
BEEF				
Standing ribs - rare	3-7 lb.	25	325	135 F
- medium	3-7 lb.	30	325	165 F
- well done	3-7 lb.	35	325	170 F
For rolled and boned roasts, increase cooking time 5 to 12 minutes				
LAMB				
Shoulder- well done	4-10 lb.	40	325	190 F
- boned and rolled	3-6 lb.	40	325	182 F
Leg- medium	5-10 lb.	40	325	175 F
- well done	3-6 lb.	40-50	325	182 F
Crown- well done	3-6 lb.	40-50	325	182 F
SMOKED PORK				
Shoulder and picnic hams	5 lb.	30-40	325	170 F
	8 lb.	30-40	325	175 F
Boneless butt	2 lb.	40	325	180 F
	4 lb.	25	325 F	170 F
Ham	12-20 lb.	16-18	325 F	170 F
	Under 10 lb.	20	325	175 F
	Half Hams	25	325	170 F
VEAL				
Loin	4-6 lb.	35	325 F	175 F
Leg	5-10 lb.	35	325	175 F
Boneless shoulder	4-10 lb.	45	325 F	175 F
POULTRY				
Chicken	3-5 lb.	40	325 F	170 F
Stuffed	over 5 lb.	30	325	170 F
Turkey	8-10 lb.	20	325	175 F
	18-20 lb.	14	325	175 F
Duck	5-10 lb.	30	325	175 F

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HEARTY BEEF VEGETABLE SOUP

1 lb. beef cubes for stew
3/4 c. chopped onion
2 Tbsp. vegetable oil
9 c. water
9 beef flavor cubes
1 bay leaf
1/2 tsp. basil leaves
1/8 tsp. pepper
1 1/2 c. sliced carrots
1 1/2 c. sliced celery
1 can stewed tomatoes
4 oz. uncooked medium noodles

In large Dutch oven, brown beef and onion in vegetable oil. Add water, bouillon, bay leaf, basil and pepper. Cover; bring to a boil. Reduce heat and simmer 1 hour and 30 minutes. Add carrots, celery and tomatoes. Cook 15 minutes. Stir in noodles; cook 10 minutes longer or until noodles are tender. Refrigerate leftovers.

Sally Kelly

CHEESE SOUP

1 1/2 qt. water
2 large potatoes, diced
1 c. celery, diced
1 onion, diced
1 tsp. salt
4 chicken bouillon cubes
1 (20 oz.) bag mixed frozen broccoli, carrots and cauliflower
2 cans cream of chicken soup
1 lb. Velveeta cheese, diced

Boil water, potatoes, celery, onion, salt and bouillon cubes until vegetables are done. Then add bag mixed frozen broccoli, carrots and cauliflower. Cook until these vegetables are done. Add cream of chicken soup. Add Velveeta cheese, diced. Heat until cheese is melted. Freezes well.

Cauliflower, broccoli and carrots can be fresh. Cook carrots with potatoes.

Becky Needham

★CHEDDAR CHEESE SOUP

1 large onion, thinly sliced
1 c. chopped celery
1/4 c. butter or margarine
1/4 c. all-purpose flour
3/4 tsp. dry mustard
2 tsp. Worcestershire sauce
2 c. chicken broth
2 medium size carrots, chopped (1 c.)
2 large potatoes, pared and cubed (about 3 c.)
3 c. milk
3 c. shredded sharp Cheddar cheese (12 oz.)
1/4 tsp. pepper
salt (optional)
1/2 lb. (meat) kielbasa sausage, cut into 1/4-inch slices (optional)

Saute onion and celery in kettle 3 minutes or until soft. Stir in flour, mustard and Worcestershire sauce. Cook, stirring, 2 minutes or until evenly coated and mixture is bubbly. Stir in broth, carrots and potatoes (and meat, if using). Bring to boiling. Lower heat; cover. Simmer, stirring occasionally, 45 minutes or until potatoes are tender. Add milk. Cook over medium heat until almost boiling; do not boil. Reduce heat to low. Stir in cheese until melted. Add pepper and salt, if you wish. Makes 8 to 10 servings.

Robyn Brands

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I'm going to hate leaving Frontier, but I have to go on. I know Frontier has helped me a lot.

Josh Ellis

PISMO BEACH CLAM CHOWDER

1/2 c. each diced onions and celery
5 oz. butter, divided
8 oz. canned chopped clams with liquid, divided
1 chicken bouillon cube
1 c. diced, peeled potatoes
1/8 c. flour
12 oz. evaporated milk
1 c. milk
1/4 tsp. dried thyme
pepper, salt and parsley to taste

In 3 quart saucepan, saute onion and celery in 2 ounces of butter until transparent. Add clam liquid, bouillon cube and potatoes, stirring occasionally while simmering until potatoes are tender, but not mushy.

In separate pan, make a roux by melting remaining butter and stirring flour into it. Cook slowly, without browning, 1 minute, to eliminate raw flour taste. Whisk a little hot clam liquid into roux, then whisk roux into clam juice-potato mixture.

Heat evaporated milk and milk; add to broth. Stir gently on low until thick. Add clams, thyme and seasonings to taste.

Carol Hein

CLAM CHOWDER SOUP

3 Tbsp. butter
3 slices bacon, cut in 1-inch pieces
1/2 c. thinly cut onion
1 c. pared, diced potato
1 green pepper, chopped
2 stalks celery, finely chopped
1 clove garlic, minced
1 tsp. salt
1/8 tsp. pepper
1 1/2 c. clam juice
1/2 c. dry white wine
2 c. canned whole tomatoes, chopped
1/2 tsp. oregano
1/2 tsp. thyme
2 c. minced clams (3 cans)

Melt butter in large pan. Add bacon, onion, potatoes, green pepper, celery, garlic, salt and pepper. Cook until onion is tender. Add clam juice, wine, tomatoes, oregano and thyme. Cook on low until everything is tender, about 2 hours. Add clams; simmer another 1/2 hour and serve piping hot.

Ann McSween

EXCELLENT BROCCOLI SOUP

1 bunch broccoli or 2 pkg. frozen broccoli
2 Tbsp. margarine
2/3 c. chopped onion
6 c. water
8 chicken bouillon cubes
1 (8 oz.) pkg. fine noodles or Kluski
1/8 tsp. garlic salt
4 to 6 c. milk
1 lb. Velveeta cheese, cut in cubes
dash of pepper

Chop and cook broccoli, then set aside. Saute in Dutch oven margarine and onion. Add water and bouillon cubes. Bring to boil and add Kluski noodles. Cook, uncovered, until noodles are tender, then add garlic, milk, cheese and cook until cheese melts. Then add pepper and broccoli. Do not overcook.

Nancy Klug

CORN AND CHICKEN SOUP

2 chicken breasts
ginger
salt
7 c. water
7 chicken bouillon cubes
1 can creamed corn
1 egg, beaten
1/2 tsp. pepper
1 Tbsp. cornstarch

Boil chicken, ginger, salt, water and bouillon cubes. Simmer 2 hours. Remove meat from bone. Shred and return to broth.

Mix together corn, egg, pepper and cornstarch. Add to boiling broth. Stir until boiling again. Turn down; cover. Simmer 3 minutes. Serve.

Deborah J. Murphy

* * * * *

Frontier has wonderful teachers. It's a school that makes everything fun.

Tom Moore

POTATO SOUP

3 Tbsp. margarine
1 medium carrot, diced
1/4 c. chopped onion
2 Tbsp. flour
1 tsp. salt
1/2 tsp. seasoned salt
2 Tbsp. parsley
1 qt. milk
1 chicken bouillon cube
6 medium potatoes, peeled, cooked and diced

Melt butter in large saucepan. Add carrot and onion; cook until tender. Blend in flour. When bubbly, gradually add milk and bouillon cube. When slightly thickened, add half of potatoes. Mash remaining potatoes. Stir in with parsley and seasonings. Serve hot with a pat of butter or margarine.

Kim Mariotti

POTATO SOUP

5 to 6 medium large potatoes
1 to 2 carrots, grated
1 small onion, chopped (or may use dehydrated onion)
1/3 c. oleo
1/4 to 1/2 tsp. pepper
1 1/2 tsp. salt
1 1/2 to 2 1/2 c. milk (depending on desired consistency)
1/2 tsp. celery seed
1 Tbsp. parsley (may be added for color if desired)

Cook potatoes in boiling water until partially done (still a bit firm). Cool and dice into small cubes. Then put all ingredients into a heavy, large saucepan and simmer on low for 40 minutes to 1 hour, stirring occasionally. May need to add more milk or some water as it cooks.

Sometimes we add a can of Cheddar cheese soup or a small jar of Cheez Whiz. Serve with favorite muffins or bread.

Mark and Audrey Brandon

* * * * *

To me, going to Frontier Elementary School means making nice books.

Dennis Trujillo

GRANDMA'S SPLIT PEA SOUP

2 ham hocks, smoked
1 pkg. split peas, dried
1 small onion, chopped
1 grated carrot
salt and pepper

Boil ham hocks the day before, simmering all day, covered with water. Refrigerate overnight. Discard any congealed fat from the top of the pan and cut lean parts from the hocks. Add water to broth as needed. Add split peas, onions and carrots; simmer until peas begin to break apart. Add ham from hocks and serve with warm bread. Ham bouillon may be used as additional flavoring, if desired.

Brenda Liemandt

CRUSTY SOUP BOWLS

2 Tbsp. dry yeast
2 c. warm water
1 Tbsp. sugar
2 tsp. salt
5 c. flour
cornmeal

Dissolve yeast in water. Add sugar, salt and 3 cups of the flour. Beat with mixer 3 minutes. Gradually add remaining flour to make stiff dough. Knead on lightly floured surface until dough is smooth and elastic. Place in greased bowl. Cover and let rise until double.

Punch down and divide into 6 to 8 pieces. Form each piece into a ball and place on baking sheet sprinkled with corn meal. Cover and let rise until double in bulk. Bake at 375° for 25 minutes; cool. Cut off tops; scoop out bread to make a bowl.

Pour hot soup into bread bowl and serve with torn out pieces. After soup is eaten the bowl can be broken and eaten. No bowl to wash!

Jennifer Mohl

SOFT TACOS

2 lb. ground beef
2 pkg. taco seasoning mix
1 c. water
1 (10 oz.) enchilada sauce
1 can Golden mushroom soup
1 can tomato soup
1 c. Cheddar cheese
Hard Shells

Brown meat. Add seasoning mix and water. Simmer 15 to 20 minutes. Combine enchilada sauce and soups. Put meat in shells. Pour sauce over top with cheese. Bake 15 minutes at 350°.

Sherry Helmer

PIZZA MACARONI

5 c. elbow macaroni
3 small cans tomato sauce
1 Tbsp. each basil, oregano and parsley
1 tsp. garlic salt
1/4 lb. hamburger, cooked
1/4 c. Parmesan cheese

Boil macaroni. Mix all ingredients in casserole dish. Sprinkle Parmesan cheese on top. Bake 1 hour at 325°.

Cathy Andrews

MEAL FOR A CROWD

1 lb. ground beef
1 small onion, chopped
1 can cream of chicken soup
1 can cream of mushroom soup
1 can whole kernel corn, drained
1 jar pimentos, drained (optional)
a few frozen peas
2 or 3 c. cooked egg noodles
buttered cracker crumbs

Brown ground beef; add onion to meat and cook until onion is soft. Drain off any grease. Add undiluted the cream of chicken and the cream of mushroom soup, noodles, corn, pimentos and peas. Season with salt and pepper as desired. Spread in a 9 x 13-inch baking dish. Cover with buttered cracker crumbs. Bake 20 minutes at 350°.

Stephanie Hunt, 4th Grade

ONION MEAT LOAF

2 lb. ground beef
1 envelope onion soup mix
2/3 c. milk
1 egg
3 Tbsp. brown sugar
3 Tbsp. catsup
1 Tbsp. prepared mustard

Heat oven to 350°. Mix meat, onion soup mix, milk and eggs. Press mixture firmly in ungreased loaf pan (8 1/2 x 4 1/2 x 2 1/2-inches). Loosen edges with spatula and unmold loaf in ungreased baking pan (13 x 9 x 2-inches).

Mix remaining ingredients; spoon onto loaf. Bake, uncovered, 1 hour. Makes 8 servings.

Note: If you don't have a pan this size, shape mixture into loaf pan in center of shallow baking pan.

Family favorite.

Sandie Keydeniers

TACO CASSEROLE

1 to 1 1/2 lb. hamburger
1 can cream of mushroom soup
1 can cream of chicken soup
1 small can enchilada sauce
1 c. green chiles
12 taco shells
1 c. cheese

Brown hamburger; drain. Mix first 5 ingredients. Break up 6 taco shells and put into casserole dish. Top with 1/2 of meat mixture. Repeat. Top with grated cheese. Bake at 350° for 35 minutes.

Barb Wilson

CORN CHIP CASSEROLE

1 lb. hamburger meat
1 (15 oz.) can chili without beans
1 (15 oz.) can chili beans in sauce
2 c. grated sharp cheese
1 medium onion, chopped
2 c. Fritos corn chips

Cook meat with onion until browned; drain off excess fat. Place half of the can of chili in a 2 quart casserole, then add half of the beans, half the meat, half the cheese and half the corn chips. Repeat layers. Bake, covered, in 350° to 375° oven for 45 minutes. Remove cover last 15 minutes of cooking time. Serves 4. May be doubled successfully.

Jacqualyn Brandon

DAIRY STATE CASSEROLE

8 oz. spiral noodles, cooked
1/2 c. grated Cheddar cheese

Meat Sauce:

2 lb. ground beef
1 tsp. salt
dash of garlic salt and pepper
1 tsp. sugar
1 (8 oz.) can tomato sauce
1 (6 oz.) can tomato paste

Cheese Sauce:

chopped onion to taste
3 oz. cream cheese
1 c. sour cream

Brown meat and add all the ingredients under the meat sauce. Heat thoroughly. Blend the 3 ingredients under the cheese sauce with a mixer or whisk. Cook the noodles and drain. Layer in a greased casserole dish (lasagna pan works well): noodles, meat sauce and cheese sauce, twice. Top with 1/2 cup grated Cheddar cheese. Bake, uncovered, 30 minutes. Serves 8.

Carol Hein

TORTILLA CASSEROLE

1 pkg. Doritos corn chips, slightly crushed
1 Tbsp. minced onion
1/2 c. milk
1 can cream of mushroom soup
1 can cream of chicken soup
1 c. sour cream
3 cans green chili pepper, chopped and seeded
4 c. cold chicken, cooked and in large chunks
1/2 tsp. garlic salt
1/2 c. black olives (halves)
1/2 lb. Monterey Jack cheese, grated

Soak onions in milk for 5 minutes. Mix soup, sour cream, olives, chili pepper and milk. Arrange half the chicken and half the chips in a 9 x 13-inch glass pan. Top with the soup mixture and half the cheese. Repeat the layers, ending with the cheese. Cover and bake at 350° for 30 minutes.

Sherry Nowitzky

MEXICAN MINI MEAT LOAVES

2 egg whites, slightly beaten
1 c. oat flakes cereal
1/3 c. jarred salsa (mild, medium or hot)
2 Tbsp. finely chopped onion
1 Tbsp. chopped parsley
2 tsp. chili powder
3/4 tsp. salt
12 oz. lean ground beef
2 Tbsp. shredded Cheddar cheese

In medium bowl, combine egg whites, cereal, salsa, onion, parsley, chili powder and salt; mix well. Add beef and blend well. Divide into 4 equal portions and shape into mini loaves. Place in greased baking dish. Bake in preheated 400° oven for 25 minutes. Top each loaf with some cheese. Return to oven for 30 seconds or until cheese melts. Makes 4 servings.

Nancy Caldwell

FAJITAS

1/2 c. olive oil
1/4 c. red vinegar
1/3 c. lime juice
1 tsp. sugar
1 tsp. dried oregano
green pepper, sliced
1/2 tsp. salt
1/2 tsp. pepper
1/4 tsp. ground cumin
3 cloves garlic
2 lb. chicken breast
onions, sliced
6 to 8 flour tortillas

Pound chicken to tenderize. Place green pepper and onions in casserole with chicken. In bowl, mix remaining ingredients; add to casserole. Refrigerate overnight. Drain chicken; grill it over coals 6 to 7 minutes per side.

In pan, stir-fry vegetables. Serve on warm flour tortillas.

Sally Kelly

VEGETABLE-BEEF SOUP

(Served at School Lunch)

2 lb. round/strip steak
4 potatoes
4 carrots
1 box frozen peas
1 can stewed tomatoes
2 beef bouillon cubes (Knox)
2 California bay leaves
ketchup
salt and pepper

Dice steak, potatoes and carrots; put in a large pot or crock-pot. Add stewed tomatoes and juice. Add bouillon cubes and bay leaves. Mix ketchup with 6 to 8 cups of water. Salt and pepper to taste. Bring to boil; reduce to medium-low heat. May be cooked 8 to 10 hours. Add frozen peas 1 hour before serving.

Use ketchup from nearly empty bottles; just mix in bottle.

Jeannine Sheldon

BROTHERS BEST BURGERS

1 lb. ground beef
1 lb. sausage
1 lb. Velveeta, cubed
1 tsp. oregano
1 tsp. sage
12 hamburger buns

Brown ground beef and sausage in skillet, stirring to crumble; drain. Add cheese. Heat over low heat until cheese melts. Add oregano and sage; stir until blended. Spread mixture on bottom half of buns. Broil for about 5 minutes. Top with other half of buns.

Mixture can be spread on buns and frozen on a cookie sheet. Package when frozen. Freeze top half of buns separately. Broil whenever needed for a quick fix idea.

Lori Bunney

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I'm having a great time at Frontier and I really like it here and hope everybody else does too. Happy Fifth Year, Frontier!

Jenelle Tosaya

PIZZA FONDUE

(Microwave)

1 lb. ground beef
1/2 c. chopped onion
2 (10 1/2 oz.) cans pizza sauce with cheese
1 Tbsp. cornstarch
1/2 tsp. basil
2 tsp. oregano
1/4 tsp. garlic powder
2 c. grated Cheddar cheese
1 c. grated Mozzarella cheese
1 loaf French bread, cubed

Crumble beef in 2 quart casserole. Add onion and cook 5 minutes, stirring after 3 minutes. Drain off grease. Add cornstarch and seasonings to pizza sauce. Stir well and add to meat. Microwave 4 minutes. Mix cheeses and add to the sauce mixture 1/3 at a time. Microwave 1 minute after each addition; stir well. Serve with bread cubes for dipping. Makes 4 to 6 servings.

Lori Bunney

BEST BARBECUE RIBS

3 lb. spareribs
1 medium onion, chopped
2 Tbsp. vinegar
4 Tbsp. lemon juice
2 Tbsp. brown sugar
1/2 tsp. cayenne pepper
1 c. catsup
3 Tbsp. Worcestershire sauce
1/2 tsp. ground mustard
1 c. water
1 tsp. salt
1/2 tsp. black pepper
1 Tbsp. celery salt

Brown ribs and pour the sauce over them. Bring to simmer. Cover and let cook 1 to 1 1/2 hours.

Myra Fry

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Frontier school is like riding with the wind. Frontier is so fun and challenging that the school year flies by fast.
Jacob Zimmerman

SWEDISH MEAT BALLS

1 lb. ground beef
1/2 lb. ground pork
2 eggs
1/2 tsp. salt
1/4 tsp. pepper
1/2 tsp. nutmeg
1 carrot, grated
1/4 c. fine chopped onion
4 Tbsp. oil (used to fry with)

Mix ingredients, except oil. Roll into small balls the size of walnuts; brown in oil. Remove meat balls as they are browned. Pour off oil in the pan except 1 tablespoon. Stir in 2 tablespoons flour and brown. Stir in 1 cup light cream. Salt and pepper lightly. Makes a thick sauce. Put meat balls back into the sauce and simmer for 5 or so minutes until hot. Serve hot.

Myra Fry

OVEN BARBECUED BRISKET

1 (4 to 8 lb.) brisket
1 Tbsp. garlic powder
1 Tbsp. celery seed
1 Tbsp. black pepper
1 Tbsp. onion powder
1 Tbsp. salt
1/2 tsp. liquid smoke
3 Tbsp. Worcestershire sauce
1 c. barbecue sauce (your favorite brand)

Mix all seasonings together, except barbecue sauce. Rub this mixture on all surfaces of the meat. Wrap tightly in heavy foil and marinate overnight. Bake in 300° oven for 3 hours. Open foil and baste meat with barbecue sauce. Rewrap and cook for 1 hour longer. Great for a winter barbecue!

Lou Goff

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Frontier has nice teachers and nice classrooms. Fun things to do like reading and math. Plus nice kids to meet and things that keep you busy.

Laura Newsome

SWEET AND SOUR MEATBALLS

1 lb. lean ground beef
3 Tbsp. A.1. steak sauce
1 egg, beaten
1/2 c. soft bread crumbs
1 medium clove garlic, crushed
1 tsp. salt
1 Tbsp. oil
1 (8 oz.) can pineapple chunks in juice (undrained)
1 c. sliced carrots
1 c. sliced celery
3/4 c. beef broth
2 Tbsp. A.1. steak sauce
2 Tbsp. soy sauce
1 Tbsp. vinegar
1/4 tsp. ginger
1 Tbsp. cornstarch
1 large green pepper, cut in strips

Combine beef, 3 tablespoons steak sauce, egg, bread crumbs, garlic and salt. Form into 24 meatballs.

In large skillet, brown meatballs in oil; drain. Add remaining ingredients, except cornstarch and green pepper. Cover and simmer 5 minutes.

Dissolve cornstarch in 1 tablespoon water. Stir into mixture. Add green pepper. Simmer, uncovered, 5 minutes. Serve over rice.

Elizabeth Lueth

GOULASH

1 small bag macaroni, cooked
1 1/2 lb. hamburger, browned and drained
1/2 to 3/4 c. shredded cheese
1 (16 oz.) can tomatoes, cut up
1 (16 oz.) can tomato sauce
grated onion
salt, pepper and garlic salt to taste

Cook macaroni (may use different shapes) and drain. Brown hamburger; drain. Mix all ingredients; season to taste. Bake at 350° for 1 hour.

Denise Samuelson

STRINGY CASSEROLE

1 lb. hamburger
1 large onion, chopped
3/4 tsp. salt
1 (15 oz.) can tomato sauce
3/4 c. elbow macaroni (uncooked)
12 oz. Mozzarella cheese, shredded
1 tsp. oregano

Brown hamburger in large skillet. Add onion, salt and pepper. Heat until onion is translucent. Drain grease and add tomato sauce. Simmer for 20 minutes.

In another pan, cook macaroni in salted water. Butter a 2 quart casserole. In it place a layer of macaroni, hamburger and cheese. Sprinkle 1/2 teaspoon oregano over cheese. Repeat the layers. Bake at 350° until bubbly, about 25 minutes.

Patti Gasco

PASTEL DE ELATE

(Mexican Corn Pie)

3 large eggs
1 (16 oz.) can creamed corn
1 (10 oz.) pkg. frozen corn, thawed
1/2 c. cornmeal
1 cube margarine or butter, melted
1/4 tsp. Worcestershire sauce
1 c. sour cream (8 oz.) or yogurt or cottage cheese
4 oz. Monterey Jack cheese, cut in 1/2-inch cubes
4 oz. sharp Cheddar cheese, cut in 1/2-inch cubes
1 (4 oz.) can chopped green chilies

Coat 2 1/2 quart casserole with butter. Beat eggs in large bowl. Add other ingredients and mix well. Pour into casserole. Bake, uncovered, at 350° for 1 hour in a conventional oven.

Note: Cheese food may be substituted for the cheese, such as Velveeta.

This may be kept in refrigerator up to 3 days, or it may be frozen. It may be served as a main dish or side dish for a dinner.

Sherri Zehner

TACO SALAD

1 lb. ground beef, browned
1 head lettuce
1 bunch green onions, chopped
1 c. grated Cheddar cheese
1 green pepper, diced
3 tomatoes, chopped
1 small pkg. Doritos, crushed

Brown hamburger, seasoning it with dashes of Accent, garlic salt and Worcestershire sauce. Toss other ingredients together; add hamburger.

Seven Seas Green Goddess dressing or Ranch dressing complements this salad very well.

Debbie Rhodes

QUICK GOULASH

1 bottle Heinz chili sauce
1 (12 to 16 oz.) bottle ketchup
2 Heinz bottles water
brown sugar to taste
1 to 1 1/2 lb. browned ground beef
12 to 16 oz. cooked pasta (rotini, elbow macaroni, etc.), drained

Brown ground beef. Mix chili sauce, ketchup, water and brown sugar together; add to meat. Mix well. Place macaroni in a 13 x 9-inch pan and pour sauce over it. Bake at 350° approximately 1/2 hour. Or add pasta to sauce in pan and heat through. Serves 8 to 12.

Pat Topping

MEAT LOAF

2/3 c. dry bread crumbs
1 c. milk
1 1/2 lb. ground beef
2 eggs
1/2 c. onions
1 tsp. salt
1/2 tsp. pepper
1/2 tsp. sage

Topping:

3 Tbsp. brown sugar
1/4 c. catsup
1/4 tsp. nutmeg
1 tsp. dry mustard

Bake in 5 x 9-inch loaf pan for 1 hour at 350°.

Diane Reimer

VIVA LACHICK

4 chicken breasts, boiled, boned and cut into chunks
6 corn or 3 flour tortillas
1 can cream of chicken soup
1 (4 oz.) can diced chili peppers
1/2 c. milk
8 oz. grated Cheddar cheese

Mix together soup, chili peppers and milk to make sauce. In greased casserole dish, place 2 corn or 1 flour tortilla. Layer on 1/3 of chicken, 1/3 of sauce, 1/3 of cheese. Repeat layers ending with cheese. Refrigerate overnight. Bake, covered, at 325° for about 1 hour.

Robyn Brands

SWEET AND SOUR CHICKEN

1/2 lb. boneless chicken, cut into thin strips
2 tsp. cornstarch
1/2 tsp. La Choy soy sauce
2 Tbsp. oil
1 c. each: cubed onion and green bell pepper
1 tsp. La Choy soy sauce
1 (10 oz.) jar La Choy sweet and sour sauce
1 (8 oz.) can La Choy sliced water chestnuts
1 (5 oz.) can La Choy chow mein noodles
1/2 tsp. each: minced garlic and ginger root

In bowl, mix meat, cornstarch and 1 teaspoon soy sauce. In large, nonstick skillet, heat oil; stir-fry meat until it loses color. Remove with slotted spoon; set aside. Add onion, bell pepper, garlic and ginger to pan; stir-fry 1 to 2 minutes. Add remaining ingredients, except noodles. Cook, stirring constantly, until thick and bubbling. Add meat; toss to coat and heat through. Serve with chow mein noodles and rice, if desired. Makes approximately 4 servings.

Sandie Keydeniers

CHICKEN POT PIE

2 c. chicken, cooked and cut in diced chunks
2 cans cream of chicken or cream of mushroom soup
1 can chicken broth
1 (10 oz.) pkg. mixed vegetables (frozen)
1 c. flour
1 c. milk
1/2 c. margarine, melted

Mix chicken, cooked and cut up, 2 cans of soup, can of broth and frozen vegetables all together well. Put this mixture in a 9 x 13-inch baking dish that has been sprayed with Pam or other cooking spray. Mix flour with milk melted margarine thoroughly and spoon over top of chicken mixture. Bake at 400° for 1 hour. Be sure to spoon the flour mixture and not pour because this will form your "crust".

Note: This is great with turkey too and after Thanksgiving, it's already cooked.

Karen Baron

HAWAIIAN CHICKEN

1 c. flour
salt to taste
pepper to taste
3 chicken breasts
1/2 c. salad oil
1/4 c. brown sugar
1 (No. 2) can pineapple chunks
1/4 c. vinegar
1 Tbsp. soy sauce
rice, cooked according to directions

Remove bone and skin from chicken breasts. Cut chicken into 1-inch chunks. Shake chicken in flour, salt and pepper; brown for 10 minutes in 1/2 cup salad oil. Bring to a boil in a separate pan for sauce (over medium heat): brown sugar, pineapple chunks (with juice), vinegar and soy sauce. Pour sauce over chicken and bake 40 minutes at 400°. Serve over rice.

Note: Cast-iron or Corning Ware skillet can do both browning and baking step.

Karen Baron

CHICKEN DIVAN

2 pkg. frozen broccoli spears
3 whole chicken breasts or 6 split
2 cans cream of chicken soup
1/2 c. mayonnaise
1 tsp. lemon juice
1 tsp. curry powder
1/2 c. shredded sharp cheese
1/2 c. bread crumbs

Cook broccoli spears and place in buttered casserole dish. Cook and debone chicken breasts; place over broccoli. Mix soup, mayonnaise, lemon juice and curry powder; spoon over chicken. Place cheese and bread crumbs on top of chicken. Bake at 350° for 30 minutes until bubbly. Enjoy.

Dianna St. Vincent

CHICKEN AND ZUCCHINI PARMESAN

1 c. drained canned sliced zucchini in tomato sauce
1 c. drained canned sliced mushrooms
1 Tbsp. plus 1 tsp. olive oil
1/2 oz. Parmesan cheese
4 (4 oz.) chicken cutlets
3/4 c. spaghetti sauce
3 1/2 oz. shredded Mozzarella cheese

Preheat oven to 425°. In bowl, mix zucchini, mushrooms, oil and Parmesan. Spoon into greased 13 x 9-inch pan. Top with chicken cutlets. Spoon 3 tablespoons spaghetti sauce onto each cutlet. Top each with 1/4 of the Mozzarella cheese. Cover with foil. Bake 25 minutes until chicken is cooked through. Makes 4 servings.

Nancy Caldwell

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My best memory about Frontier is of the first day of school. Everyone was very fun and nice.

Becky Riechel

ZIPPY CHICKEN THIGHS

10 broiler fryer chicken thighs
1 can mandarin orange sections
2 tsp. sugar
1/2 tsp. grated orange peel
1 tsp. salt
1/2 c. orange juice
2 Tbsp. teriyaki sauce
2 Tbsp. vinegar
1 Tbsp. lemon juice

Wash chicken and pat dry. Place in a 12 x 8 x 2-inch baking dish. Drain mandarin orange juice into saucepan; reserve orange sections. Add remaining ingredients to saucepan. Bring to boil, stirring constantly for 5 minutes. Allow sauce to cool, then pour over chicken and refrigerate for at least 4 hours, preferably overnight. Turn chicken over in marinade at least once. When ready to cook, bake at 350° for 35 minutes. Makes 5 servings.

Linda Harris

CHICKEN GOOT

2 cans cream of chicken soup
1 can creamy chicken mushroom soup
1 pt. heavy whipping cream
2 to 4 chicken breasts
garlic powder
onion powder

Cook chicken; debone it and shred it. Mix cans of soup in a large skillet over medium heat, stirring to avoid burning. Once soup is warm, slowly add (bit by bit, stirring each time after adding), cream. Add garlic and onion powder to taste (1 to 3 teaspoons). Stir well. Add shredded chicken and warm completely, stirring to avoid sticking. Serve over rice, mashed potatoes or bread. Makes 6 to 8 servings. Good for leftovers too.

Chris Elliott's Mom

CHICKEN PROVOLONE

4 chicken breasts, skinned and boned
4 (1 oz.) slices Provolone cheese
1/2 c. melted butter
3/4 c. grated Parmesan cheese
3/4 c. fine dry bread crumbs

Pound chicken breasts until slightly thinner. Place slice of cheese on each breast. Roll up and serve with toothpicks. Roll breasts in butter and roll in bread crumbs and cheese. Place in 9 x 9-inch pan and bake, covered, at 350° for 45 minutes. Uncover; bake 15 minutes more.

Bonnie Holsinger

CHICKEN SOPA

1 pkg. corn tortillas
1 can hot chile peppers
1 chopped onion
2 cans chicken
1 can cream of chicken soup
1/2 lb. Swiss cheese slices

Brown onion and chopped chiles together; add to soup. Layer in this order in square casserole: 6 overlapping corn tortillas, chicken (1 can) and 1/2 of Swiss cheese. Start over. Top with soup mixture. Cook, uncovered, until bubbly at 350°.

Sandy Kellerman

IMPERIAL CHICKEN

4 to 6 skinless, deboned chicken breasts
1/2 c. butter
1 small clove garlic, crushed
parsley
3/4 c. bread crumbs
1/2 c. Parmesan cheese
blend of butter/lemon juice

Dip chicken breasts in a mixture of melted butter, garlic and sprinkle of parsley. Immediately dip chicken in the mixture of bread crumbs and Parmesan cheese. Roll up, largest side of breast first, and secure firmly with toothpick. Place in greased cooking pan and bake approximately 45 to 50 minutes in 350° oven. Baste with butter and lemon juice every 20 minutes or so.

Sara Howard Hemati

CHICKEN TORTELLINI SOUP

1 stewed chicken, meat removed from bone and cut up
3 to 4 qt. water
chopped carrots
chopped celery
1 onion, diced
1 large can crushed tomatoes
5 chicken bouillon cubes
pinch of garlic, black pepper and parsley
sliced mushrooms

Combine all ingredients in a large stew pot and cook for several hours. About 15 minutes before serving, add 1 package of tortellini. Serve with fresh grated Parmesan cheese.

Dana Hines

CRAZY CHICKEN

1 chicken, cut up
1/2 c. lemon juice
1/2 c. butter, melted
1/4 c. white Worcestershire sauce
1 tsp. Tabasco sauce
1 tsp. onion salt
1/4 tsp. coriander (ground)

Combine all ingredients, except chicken, for marinade. Marinate chicken for at least 24 hours in refrigerator turning occasionally. Before cooking, rub salt into skin. Barbecue on low heat until done, basting several times.

Karen Jones

CHICKEN VEGETABLE POT PIE

3 carrots, cut in 1-inch pieces
2 onions
4 1/2 Tbsp. margarine
1/4 c. + 2 Tbsp. flour
1/4 tsp. dried thyme
1/2 tsp. salt
1/4 tsp. pepper
3 c. chicken bouillon
3 peeled, chopped potatoes
2 c. cooked chicken
1 unbaked 9-inch pie shell
1/2 c. frozen peas

Cook carrots, onions and potatoes in small amount of water until tender; drain. Preheat oven to 400°.

Melt margarine over medium heat. Blend in flour, thyme, salt and pepper. Stir in bouillon until thickened. Place vegetables and chicken in 2 quart casserole. Add the peas and the sauce. Top with pastry, sealing the edges. Cut small slits on top to allow steam out. Bake 30 minutes or until pastry is browned.

Kathy Flynn

CHICKEN PICCATA

4 chicken breast halves, skinned and boned
1 egg
3 Tbsp. lemon juice
1/4 c. flour
1/8 tsp. garlic powder
1/8 tsp. paprika
2 tsp. chicken bouillon
1/4 c. margarine
1/2 c. boiling water

Beat egg with 1 tablespoon lemon juice. Combine flour, garlic powder and paprika in another dish. Dip chicken in egg mixture, then in flour mixture. In skillet, brown chicken in margarine. Dissolve bouillon in water. Add remaining lemon juice and bouillon to skillet. Cover and simmer 20 minutes or until tender. Makes 4 servings.

Vicki Kuyper

CHICKEN AND PEPPERS WITH RICE

3 large sweet peppers, cored, seeded and cut into 1/2-inch strips (mix of red, green, yellow, etc.)
1 medium onion, sliced into rings
2 cloves garlic, finely chopped
3 Tbsp. vegetable oil
1 lb. boneless chicken, cut into 1/2-inch strips
1 (8 oz.) can tomato sauce
5 drops liquid red pepper seasoning (Tabasco)
3 c. cooked rice

Saute peppers, onion and garlic in oil in large skillet. Add chicken. Saute 5 minutes or until chicken is no longer pink. Stir in tomato sauce and pepper sauce. Cook, covered, for 5 more minutes. Add rice and stir through.

Pat Topping

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These last five years have been the best years of my life. Remember, "The sky's the limit." So reach for the sky, and always try your best!

Nichole Root

CHICKEN MUSHROOM CASSEROLE

1 c. chopped onion
1 c. finely chopped celery
1 Tbsp. margarine
1 c. finely chopped green pepper
2 c. cooked, diced chicken
2 (10 1/2 oz.) cans cream of mushroom soup
1 tsp. salt
1/4 tsp. pepper
1/2 c. grated Parmesan cheese
3 c. cooked rice

Saute onions in butter until tender, but not brown. Stir in celery, green pepper, chicken, rice, soup and seasoning. Stir over moderate heat until all ingredients are mixed evenly. Spoon mixture into greased, shallow 2 quart casserole. Bake at 350° for 30 minutes. Remove from oven and sprinkle Parmesan cheese on top of mixture. Return to oven for 5 more minutes.

Peggy Schneider

DELICIOUS CHICKEN LOAF

4 c. cooked chicken
2 c. fresh bread crumbs
1 c. cooked rice
1 1/2 tsp. salt
1 can chopped pimento
2 c. chicken broth
4 eggs, well beaten
1 can cream of chicken soup

Mix all together, adding eggs last. Put in flat cake pan. Bake at 325° for 1 hour.

Diane Reimer

SHRIMP AND MUSHROOMS

2 Tbsp. butter
2 c. chopped celery
1 (6 oz.) can sliced mushrooms
1 Tbsp. soy sauce
1 tsp. ginger
1/8 tsp. pepper
1 Tbsp. cornstarch
1 Tbsp. water
shrimp

In a large skillet, melt butter. Cook and stir celery, mushrooms, soy sauce, ginger and pepper until celery is tender, about 5 minutes. Mix cornstarch with water. Stir cornstarch mixture and broth into celery and mushrooms. Cook, stirring frequently, until mixture thickens. Stir in shrimp; heat through. Spoon each serving over 1/2 cup cooked rice.

Linda Harris

SHRIMP PILAF

2 Tbsp. chopped green pepper
1/4 c. chopped celery
2 Tbsp. minced onion
1/2 c. long grain rice
1 1/2 Tbsp. salad oil
1/2 c. water
1 c. canned tomatoes
1 tsp. salt
1 to 2 tsp. chili pepper mix or a little chili powder and cayenne
2 c. shrimp (small), peeled (frozen ones work well)

Cook green pepper, celery, onion and rice together in oil over low heat until rice is browned. Add water and tomatoes. Season with salt and spice. Add shrimp and stir. Spoon into greased 2 quart casserole dish. Bake at 350° until rice is fluffy and tender (may take 45 to 60 minutes). Yield: 4 servings (doubles easily).

From Southern Living magazine.

Jo Brittain

SALMON STEAKS WITH MAYO MASK

4 salmon steaks
1 egg, separated (room temperature)
1/2 c. mayonnaise
1 Tbsp. lemon juice
1/2 tsp. dill weed
paprika

Broil fish 3 to 5 inches from heat for 10 minutes. Turn over and broil until fish flakes. While fish cooks, beat egg white until stiff. Fold in mayonnaise, egg yolk, lemon juice and dill weed. Cover tops of cooked fish with mayonnaise mixture and sprinkle with paprika. Broil until browned lightly, about 2 minutes. Serves 4.

Karen Jones

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In kindergarten we did a dance. In first grade we went on a field trip hunting for snails. This year will be even better.

Chelsea Quinn

SONORA CASSEROLE

3 c. sliced, cooked zucchini
1 c. canned corn, drained
2 c. tomato sauce
3/4 to 1 1/2 Tbsp. chili powder to taste
1/4 tsp. cayenne pepper (optional)
1/4 tsp. cumin
1 tsp. vinegar
6 corn tortillas, quartered and fried (or tortilla chips)
1 1/2 c. grated Cheddar cheese
4 oz. can green chopped chilies (Ortega, etc.)
garnish: sour cream, chopped green onions

Mix the spices, tomato sauce, vegetables, cheese and chilies together. Pour into a greased casserole dish. Place chips around the edge to line casserole and stick a few into the center. Bake at 350° until well heated and cheese has melted. Top each serving with a dollop of sour cream or plain yogurt and a sprinkle of green onions and more chips.

Variation: Substitute mixed vegetables for corn.

As served at the I-10 diner, San Antonio, Texas.

Jo Brittain, Mother of Craig

RED BEANS AND RICE

(New Orleans Style)

2 lb. red beans
5 qt. water
2 onions, sliced
2 cloves garlic, chopped
5 bay leaves
1 ham bone*
1 lb. ham seasoning, cubed*
2 Tbsp. lard (vegetable shortening)
salt and pepper

*Smoked sausage may be substituted. Our family prefers it that way.

Place beans in a large pot and rinse several times. Add water, onion, garlic and lard. Cover and cook on medium flame for 2 hours. Add ham bone, ham seasoning and bay leaves. Cook, covered, to a creamy consistency about 3 or 4 hours. Salt and pepper to taste. (A dash of Tabasco also adds a great flavor!) Serve over rice. Serves 15. (Freezes very well.)

Lori, Gary, Jay Bruchis

CHUCK WAGON BEANS

1/2 lb. bacon slices
3 lb. ground beef
3 c. finely chopped onion
1 c. finely chopped celery
2 beef bouillon cubes
2/3 c. boiling water
1 1/2 cloves garlic, minced
1 1/2 c. catsup
3 Tbsp. mustard
1 1/2 tsp. salt
1/2 tsp. pepper
2 (29 oz. each) cans molasses-style baked beans

Heat oven to 375°. In Dutch oven or large roasting pan, fry bacon until crisp; set aside. Drain fat from pan. In same pan, cook and stir ground beef, onion and celery until meat is brown and onion is tender. Dissolve bouillon cubes in boiling water; stir bouillon and remaining ingredients into meat mixture. Cover; bake 1 hour and 15 minutes or until hot and bubbly. Crumble bacon; sprinkle over beans. Makes 12 servings (1 cup each).

Wanda L. Riehl

FRESH MUSHROOM SCALLOPED POTATOES

2 tsp. oil
1 lb. fresh mushrooms, sliced
1 c. milk
1 Tbsp. flour
1/2 tsp. each salt and pepper
1 Tbsp. parsley
4 to 5 medium potatoes
1/2 c. Parmesan cheese
3 Tbsp. butter

Saute mushrooms in oil until liquid evaporates. Combine flour, salt and pepper. Grease 13 x 9-inch pan. Layer potatoes, mushrooms, flour mixture and Parmesan. Dot with butter. Pour milk over all. Bake in 375° oven for 45 minutes, covered, then 30 minutes, uncovered.

Karen Ortiz

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I liked going to the Art Museum. It was very fun because I got to color and paint and draw a picture. It was very pretty.

Jennifer Cohen

CORN CASSEROLE

1 large onion, chopped
1 small bell pepper, chopped
1 stick butter
2 large cans cream-style corn (17 oz.)
1 small box (7 oz.) Minute rice, cooked
1 small jar pimento
1 Tbsp. sugar
1 tsp. salt
1/2 tsp. pepper
1 egg, slightly beaten
1 c. grated cheese
paprika

Saute onion and bell pepper in butter. Mix corn and cooked rice. Add pimento, sugar, salt, pepper, egg, cooked onion and bell pepper. Stir. Pour into buttered Pyrex dish. Bake at 350° for 20 minutes. Sprinkle with cheese and paprika. Return to oven and bake for 20 more minutes.

Susan Weaver

SKILLET BEANS

6 slices bacon, diced
1/2 c. finely chopped onion
2 (16 to 18 oz.) cans baked beans
1/4 c. brown sugar
1/2 c. molasses
1/2 c. catsup
2 tsp. liquid smoke
1 tsp. dry mustard

Brown diced bacon in large skillet. Remove bits from drippings and reserve for garnish. Saute onions in bacon drippings until tender. Add remaining ingredients and stir until mixture begins to bubble. Reduce heat and simmer, uncovered, 30 minutes. Garnish with bacon bits before serving.

Nicholas Gruber

POTATO CASSEROLE

1 (32 oz.) frozen hash browns
1 stick butter
1 can cream of chicken soup
1 pt. sour cream
1/2 c. milk
1/2 c. chopped onion
2 c. grated Cheddar cheese
1 tsp. salt
1/4 tsp. pepper

Mix all the ingredients, except butter. Melt butter in 9 x 12-inch baking pan. Put ingredients over this. Save 1 cup cheese to sprinkle over the top. Dot top with 2 more tablespoons of butter. Bake for 45 minutes in 350° oven. Serves 12.

Myra Fry

BROCCOLI CASSEROLE

1 stick Parkay
1 (4 oz.) sliced mushrooms
2 large heads broccoli (stalks and flowers)
1 can cream of mushroom soup
1 small onion
1 small pkg. slivered almonds
1 (16 oz.) jar Cheez Whiz
1 box seasoned croutons

Melt Parkay and saute onion and mushrooms. Remove veggies and add almonds. Saute until golden brown. Remove almonds from pan. Add Cheez Whiz to margarine until melted. Add soup and stir until combined. Pour over broccoli and stir until well covered. Bake at 350° for 30 minutes. Add croutons and bake 10 to 15 minutes longer.

I microwave the broccoli for 3 to 4 minutes, otherwise it doesn't get done.

Holly Swanson

RICE AND BEAN BAKE

3 c. cooked white rice
1 (16 oz.) can red kidney beans, drained
1/2 c. sliced green onions
1 (4 oz.) can chopped green chilies
1 1/2 c. (12 oz.) low-fat cottage cheese
1 c. plain yogurt
1 c. shredded Cheddar cheese

Heat oven to 375°. Mix all ingredients except 1/4 cup Cheddar cheese in greased 1 1/2 quart baking dish. Sprinkle reserved cheese on top. Bake, uncovered, 20 to 25 minutes or until hot and bubbly. Makes 4 large servings.

Robyn Brands

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Frontier is a fantastic place because it has excellent playground equipment, exciting books in the library, good lunches (sometimes), and fun teachers and kids.

Stephen Jezewski

BROCCOLI-RICE BAKE

1 c. rice
1 (10 oz.) pkg. frozen chopped broccoli
1 can cream of mushroom soup
1/2 c. water
1 (8 oz.) jar Cheez Whiz
1/2 c. celery, chopped
1/2 c. onion, chopped
1/2 c. margarine

Cook rice according to package directions. Thaw broccoli in hot water to get the chill off. Combine soup, water and Cheez Whiz. Cook celery and onion in melted margarine until golden brown. Combine all ingredients and place in a 2 quart greased casserole. Bake at 350° for 35 to 45 minutes.

Sherry Nowitzky

BROCCOLI RICE CASSEROLE

1/2 c. butter
1 (10 oz.) pkg. frozen broccoli
1 small onion, chopped
1 (10 3/4 oz.) can cream of chicken
1/2 c. milk
1/2 c. Cheez Whiz
1 1/2 c. cooked rice

Preheat oven to 350°. In a skillet melt butter and add broccoli and onion. Saute on medium heat, covered. Stir occasionally until onion is clear. Add soup, Cheez Whiz and milk. Blend well. Remove from heat. Add cooked rice. Pour into a buttered 2 1/2 quart casserole dish. Bake, covered, for 30 to 35 minutes in 350° oven.

Myra Fry

GREEN CHILLI RICE

1 c. chopped onion
3 c. cooked rice
1 c. cream-style cottage cheese
1/2 tsp. salt
1 c. shredded Cheddar cheese
1/4 c. butter
2 c. sour cream
1/8 tsp. pepper
3 to 4 oz. can chilli

Cook onion in butter until tender, not brown. In large bowl combine onion, rice, sour cream, cottage cheese, salt and pepper. Stir in chopped green chillies and put into 12 x 7-inch baking dish. Sprinkle cheese on top. Bake, covered, at 375° for 30 minutes.

Holly Swanson

VEGETABLE PIZZA

2 pkg. crescent rolls
2 (8 oz.) pkg. cream cheese
1 envelope Ranch House dressing mix
1/4 to 1/2 c. mayonnaise
3/4 c. scallions, finely chopped
3/4 c. green pepper, finely chopped
3/4 c. cauliflower, finely chopped
3/4 c. broccoli, finely chopped
3/4 c. carrots, finely chopped
3/4 c. ripe olives, finely chopped
3/4 c. shredded cheese (Cheddar)

Place crescent rolls flat on a cookie sheet, pinching seam together, forming a crust. Bake crescent roll crust according to package, then cool. Mix cream cheese, Ranch House and mayonnaise. Spread mixture over crust. Layer veggies on top. Cover with wax paper and gently press veggies into cream cheese mixture. Let sit overnight in refrigerator. Remove paper and spread Cheddar cheese on top.

Mary Starzecki

CHILI BEANS

1 medium onion
1 lb. ground beef
1 large can tomatoes, chopped
1 tsp. salt
1/4 tsp. cloves (powdered)
3/4 Tbsp. chili powder
1 large can Hunt's small red beans

Brown onion and ground beef in pan. Add can of tomatoes, salt, cloves, chili powder and can of red beans. Simmer for 2 hours. Add water if necessary.

Cindy DeMoss

SPINACH SOUFFLE QUICHE

1 pkg. thawed Stouffer's spinach souffle
2 eggs
3 Tbsp. milk
2 tsp. chopped onion
3/4 c. grated Swiss cheese
1 small can sliced mushrooms, drained
3/4 c. cooked and crumbled Italian sausage
1 unbaked 9 or 10-inch pie shell

Mix all ingredients. Pour into pie shell. Bake at 400° for 40 to 50 minutes.

Jill Hegeman

MACARONI AND CHEESE VEGETABLE CASSEROLE

1 box macaroni and cheese (fix according to directions, except add 1/2 c. milk)
1 can whole kernel corn, drained
2 c. frozen peas and carrots
1 can cream of chicken soup

Mix all together and bake for 35 to 40 minutes at 350° until bubbly.

Diane Reimer

ZUCCHINI CASSEROLE

2 lb. cooked zucchini (do not peel)
1/2 cube margarine (4 Tbsp.)
4 tsp. milk or cream
1/2 c. grated American cheese
1/2 c. cracker crumbs (Ritz, 12 crackers)
1/4 tsp. salt and pepper

Cook squash. Drain in a colander well. Mix all ingredients together with a fork. Bake 40 minutes, 1/2 the time uncovered and 1/2 time covered. Bake at 350°.

Cindy DeMoss

GOLDEN CASSEROLE

6 medium Russet potatoes
1 bunch green onions, chopped
1 tsp. salt
1 (16 oz.) sour cream
10 oz. sharp Cheddar cheese, grated
3 Tbsp. milk
1/8 tsp. pepper

Scrub potatoes and cook in small amount of water, covered, until tender. After cool, remove skin and grate. Add sour cream, Cheddar cheese, milk, salt, pepper and onion. Mix well and turn into buttered 9 x 13-inch pan. Smooth top with spatula.

Combine 2 tablespoons melted butter and 1/3 cup breadcrumbs. Sprinkle over top. Bake at 300° for 50 minutes or until piping hot. Cut into 8-inch squares to serve.

Holly Swanson

CHEESE SOUFFLE

16 slices bread, trimmed and cubed
12 oz. grated Cheddar cheese
6 eggs, beaten
1 tsp. salt
2 c. milk
1/2 c. melted butter

Place bread and cheese in alternate layers in ungreased casserole, beginning and ending with bread. Mix eggs, salt and milk; pour over cheese and bread. Drizzle butter over top. Place in refrigerator overnight. Preheat oven to 400°. Bake 50 minutes. Souffle never falls; need not be served immediately. Garnish with paprika. Serves 4 to 6.

Christy Webb

BAKED ZITI

1 box rigatoni noodles
1 lb. Mozzarella
1/2 lb. Provolone
1 lb. Romano or cottage cheese
1 pkg. grated Parmesan
garlic salt, oregano and sweet basil (sprinkle to taste or measure 1 Tbsp. apiece)
48 oz. spaghetti sauce*

*Roughly, depends on how soupy you like it. Use either homemade or Ragu.

Cook noodles and grate cheese (add only Mozzarella and Provolone). Mix together and sprinkle garlic salt, oregano and sweet basil. Add spaghetti sauce and either Romano or cottage cheese. Stir and bake at 350° for 45 minutes, covered. Last 5 minutes sprinkle Parmesan over top.

Cary Lang

SPAGHETTI CASSEROLE

8 oz. cooked spaghetti
1 lb. grated Cheddar cheese
1 diced green pepper
1 can tomato soup
6 strips bacon

Mix cooked spaghetti and grated Cheddar cheese until cheese is melted. Add green pepper and tomato soup. Pour into a casserole dish and top with strips of bacon. Bake at 350° for 25 minutes until bacon is brown. Serves 5.

Carol Hein

EASY LASAGNE

1 1/2 c. water
2 jars spaghetti sauce (16 oz.)
1 (16 oz.) box lasagne noodles
1 (15 oz.) container Ricotta
8 oz. Mozzarella, thinly sliced
1/2 c. grated Parmesan

Combine water with spaghetti sauce. Cover bottom of 13 x 9 x 2-inch baking dish with 1 1/2 cups sauce. Arrange a layer of uncooked noodles, slightly overlapping, on top of sauce. Spread half the Ricotta and half the Mozzarella over the noodles. Sprinkle with 2 tablespoons Parmesan. Add another layer of sauce. Repeat, using rest of Ricotta and Mozzarella. Top with noodles. Pour remaining sauce over noodles. Be sure they are covered. Sprinkle with 1/4 cup Parmesan. Cover tightly with foil. Set on pan. Bake at 375° for 1 hour or until knife goes easily through pasta. Let stand, covered, on rack for 10 minutes.

Cathy Gruber

BACON TOMATO PASTA

1 1/2 pkg. egg linguini
8 slices thick bacon
2 c. sliced mushrooms
1 sweet red pepper, chopped
2 cloves garlic
olive oil
1 c. cream
1/2 tsp. basil
dried red pepper
4 Roma tomatoes
Parmesan cheese

Cut bacon into small pieces and cook until crisp; drain and set aside. Heat 2 tablespoons olive oil and cook garlic; do not brown. Add mushrooms and pepper; stir-fry until tender-crisp. Add sliced tomatoes, basil and dried red pepper to taste. Heat through and add 1 cup cream. Add bacon and season to taste. Serve over cooked linguini with fresh Parmesan cheese.

Dana Hines

MANICOTTI

8 manicotti shells, cooked, but not overcooked
1 (15 oz.) can tomato sauce
1/2 c. water
1/2 c. Burgundy wine
1/2 tsp. Italian seasoning

Filling:

1 (10 oz.) pkg. frozen chopped spinach, thawed and pressed dry
8 oz. Ricotta or cottage cheese
1/4 c. Parmesan cheese
2 eggs, slightly beaten
3/4 tsp. salt
1/8 tsp. nutmeg

Combine in small bowl ingredients for filling; mix well. Fill drained manicotti shells with mixture. Place shells in greased 7 1/2 x 12 x 1 1/2-inch baking dish. Combine tomato sauce, water, wine and Italian herbs; blend well. Pour over manicotti shells. Bake, covered, at 375° for 45 minutes. Makes 4 (not too large) servings.

Kim Mariotti

BREAKFAST SAUSAGE RING

2 eggs
1 c. cracker or breadcrumbs
1 1/2 lb. pork sausage
4 Tbsp. chopped onion
1/4 c. parsley

Beat eggs and combine all ingredients. Shape into a ring and bake at 350° for 20 minutes. Drain oil and bake another 20 minutes. Serve with scrambled eggs in center.

Cary Lang

SAUSAGE AND GRAVY

2 (8 oz.) pkg. ground sausage
1/3 c. flour
2 c. milk
salt
pepper
country-style biscuits

Brown sausage in skillet; drain off excess fat. Take 1/3 cup flour and stir into meat. Over low heat, pour 2 cups milk over sausage. Stir until thickened and creamy. Season to taste with salt and pepper. Ladle sausage gravy over piping hot split-open biscuits. Enjoy!

Super for a quick and filling breakfast.

Ann McSween

NAPOLI CASSEROLE

2 Tbsp. margarine
2 Tbsp. flour
1 c. milk
1/2 tsp. salt
1 c. shredded Mozzarella cheese
1/2 lb. mild Italian sausage
1 c. zucchini
1/4 c. chopped onion
2 c. noodles, cooked and drained
1/2 c. chopped tomatoes

Make a white sauce with margarine, flour, milk and salt. Add 1/2 cup cheese; stir until melted. Remove sausage from casing; cut into pieces. Brown in skillet. Add zucchini and onion. Cook until tender; drain. Stir in sauce, noodles and tomatoes. Pour into 1 quart casserole. Top with remaining cheese. Bake at 350° for 20 minutes. Makes 4 servings.

Carol Lawrence

SAUSAGE CASSEROLE

1 lb. medium or hot sausage
1 large onion, chopped
2 c. Rice Krispies
2 c. sharp Cheddar cheese, grated
1 can cream of celery soup
6 eggs, beaten

Brown sausage and onions; drain. Mix all ingredients together in bowl. Bake in greased casserole for 40 minutes at 350°.

Robyn Brands

BAKED BEANS/SAUSAGE CASSEROLE

1 1/2 lb. hamburger
2 pkg. Italian sausage
3/4 c. brown sugar, packed
2 tsp. prepared mustard
2 onions, chopped
salt and pepper to taste
ketchup to taste
1 tsp. Worcestershire sauce
1 (3 lb.) can pork and beans
1/2 c. molasses

In skillet, brown hamburger, sausage and onions. Add other ingredients. Bake for 1 1/2 hours in 350° oven.

Sherry Phipps

HAM NOODLE CASSEROLE

1 (10 oz.) pkg. frozen broccoli
8 oz. noodles, cooked
1/4 c. margarine
1 1/2 c. cubed, cooked ham
1 (10 3/4 oz.) can cream of mushroom
1/2 c. milk
4 oz. Cheddar cheese, shredded

Cook broccoli as directed; drain. Drain noodles. Add margarine and ham; toss lightly. Pour into 2 1/2 quart casserole. Then combine broccoli, soup and milk. Pour over noodles. Sprinkle with cheese. Bake in a moderate oven at 350° for 20 to 25 minutes. Makes 6 servings.

Myra Fry

POLYNESIAN PORK ROAST

pork roast
salt and pepper to taste
rosemary to taste
1/2 c. soy sauce
1/4 c. honey
1/2 c. catsup

Sprinkle roast with salt, pepper and rosemary. Roast in a moderate oven until almost done. Baste with soy sauce, honey and catsup. Cook for 1 more hour.

Dana Hines

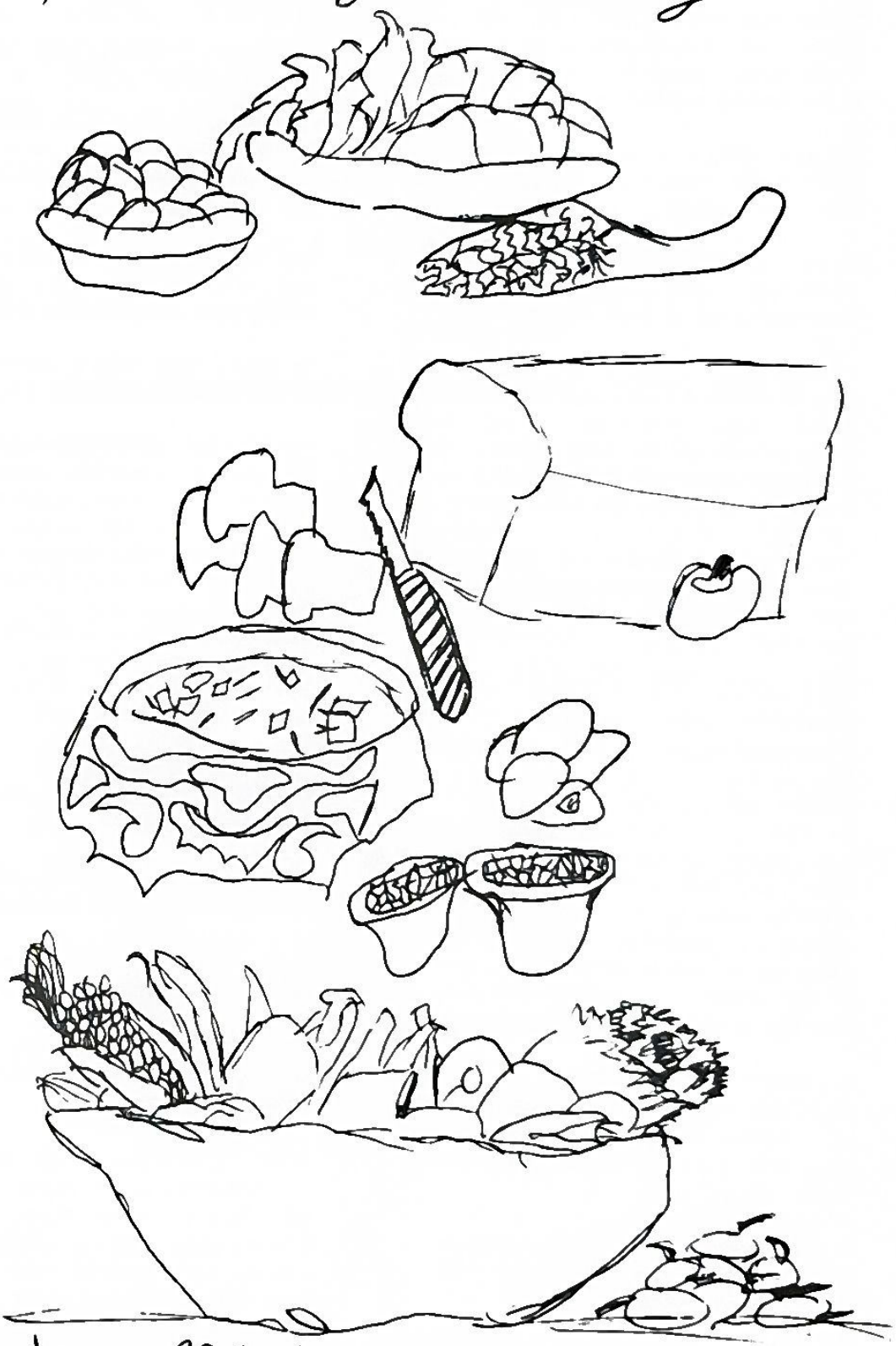
* * * * *

During the Golden Eagle assembly when I was in kindergarten we sang the song "If All the Raindrops Were Lemon Drops" (or jelly drops or something like that).

Scott Nichols

<<< Extra Recipes >>>

Healthy eating



James Bishop/3rd grade/Mrs. Harris

Helpful Cooking Hints

Frozen gravies or sauces may be a little thicker after thawing than when they were freshly made. Adding a little appropriate liquid - milk, broth, bouillon or wine - will thin them to the desired consistency.

For extra juicy, extra nutritious hamburgers, add 1/4 cup evaporated milk per pound of meat before shaping.

To ripen green pears, just place 2 or 3 in a brown bag, loosely closed, and store at room temperature out of direct sunlight.

In making pickles, use white vinegar to make clear pickles and coarse salt which comes in 5 pound bags. This is not rock salt. Avoid using iodized salt for pickle making. Most pickles are better if allowed to stand six weeks before using.

Lemon gelatine dissolved in 2 cups of hot apricot nectar with 1 teaspoon of grated lemon added for zip makes a perfect base for jellied fruit salad.

Put a tablespoon of butter in the water when cooking rice, dried beans, macaroni, to keep it from boiling over. Always run cold water over it when done to get the starch out. Reheat over hot water, if necessary.

A pair of scissors (not the fowl kind - they are heavy and awkward to handle) fine for slivering celery, onion, meats, and cheese.

Never put a cover on anything that is cooked in milk unless you want to spend hours cleaning up the stove when it boils over.

Anything that grows under the ground, start off in cold water - potatoes, beets, carrots, etc. Anything that grows above ground, start off in boiling water - English peas, greens, beans, etc.

To clean aluminum pots when they are stained dark, merely boil with a little cream of tartar, vinegar or acid foods.

Baking powder will remove tea or coffee stains from china pots or cups.

Learn where your fuse box and master cut off switch is. If you know where the lever is to pull you can always cut the current off until a service man can come.

Canned cream soups make excellent sauces for vegetables, fish, etc. Celery with lobster, black bean or onion with cauliflower, tomato with lamb chops.

Slip your hand inside a waxed sandwich bag and you have a perfect mitt for greasing your baking pans and casserole dishes.

To reheat roast, wrap in aluminum foil and heat in a slow oven.

Hard boiled eggs will peel easily when cracked and placed in cold water immediately after taking out of the hot water.

You can cut a meringue pie cleanly by coating both sides of the knife lightly with butter.

When recipe calls for adding raw eggs to hot mixture, always begin by adding a small amount of hot mixture to the beaten eggs slowly to avoid curdling.

To remove fish odor from hands, utensils and dish cloths, use one teaspoon baking soda to quart of water.

To keep icings moist and to prevent cracking add a pinch of baking soda to the icing.

If soup tastes very salty, a raw piece of potato placed in the pot will absorb the salt.

Pour water into mold and then drain before pouring in mixture to be chilled. Will come out of mold easier.

When rolling cooky dough, sprinkle board with powdered sugar instead of flour. Too much flour makes the dough heavy. When freezing cookies with a frosting, place them in freezer unwrapped for about 2 hours - then wrap without worrying about them sticking together.

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HEALTHMARK CREAMY CARAMEL DIP

1 (8 oz.) light cream cheese
1 1/2 c. 1% cottage cheese
1/2 c. dark brown sugar
2 tsp. vanilla
fresh fruit

Combine all ingredients, except fruit, in a food processor and process 2 to 3 minutes or until very smooth. Serve chilled as dip or a topping for fresh fruit. Yields 2 cups.

Karla Haynes

HEALTHMARK CREAMY CHEESY BROCCOLI SOUP

1 c. nonfat dry milk
2 c. nonfat milk
1 tsp. olive oil
1/2 c. chopped onion
2 c. salt-free chicken broth, defatted
2 c. chopped broccoli
1/4 c. water
1/4 c. unbleached flour
1 c. grated low-fat Cheddar cheese
1 to 2 Tbsp. dry sherry
1/4 tsp. white pepper

Blend dry milk into liquid nonfat milk; stir well and set aside. Heat olive oil in large saucepan. Sauté onions until soft, 2 to 3 minutes. Add chicken broth and broccoli. Simmer 10 to 15 minutes or until broccoli is tender. Blend water into flour and add to soup along with milk mixture, cheese, sherry and pepper. Bring to boil, stirring constantly. Reduce heat; simmer until thick.

Variation: Puree cooked broccoli before adding remaining ingredients.

Karla Haynes

HEALTHMARK CINNAMON FRENCH TOAST

1 recipe New Eggs
1 tsp. cinnamon
1/2 tsp. nutmeg
1/2 tsp. vanilla
6 slices whole wheat bread

In shallow dish, beat together New Eggs, cinnamon, nutmeg and vanilla. Dip bread slices into egg mixture, coating both sides. Drain.

Coat a large nonstick or griddle liberally with cooking spray. Cook French Toast over medium heat. Turn once until browned on both sides.

Cal - 85, Fat (g) - 2, Chol. (mg) - 1, Fiber (g) - 2, Sodium (mg) - 164.

Karla Haynes

HEALTHMARK NEW EGGS

4 egg whites
pinch of turmeric
1 tsp. canola or safflower oil or liquid margarine

In small bowl, beat together egg whites and oil. Sprinkle in turmeric a little at a time, beating well. Use as an egg replacement for omelettes and scrambled eggs. Yields equivalent of 2 eggs.

Calories - 100, Fat (g) - 5, Cholesterol (mg) - 0, Fiber (g) - 0, sodium (mg) - 200.

Karla Haynes

* * * * *

When I was in first grade I could not wait until second grade. And now I am in second. I'm learning to read hard and interesting books. I cannot wait until third grade.

Jessie Caldwell

CANNELONI CREPES

(Low-Calorie)

8 Calorie Counter Crepes
1/2 lb. lean ground beef or pork
1/4 c. chopped onion
1/4 c. chopped celery
1/4 c. shredded carrot
1 small clove garlic, minced
2 Tbsp. grated Parmesan cheese
2 Tbsp. dry white wine
2 Tbsp. tomato paste
1 beaten egg
1/2 tsp. dried basil, crushed
1/4 tsp. dried oregano, crushed
1/2 c. cold skim milk
2 Tbsp. all-purpose flour
1/2 tsp. instant chicken bouillon granules
1/4 tsp. salt
dash of white pepper
1/2 c. shredded low-fat Mozzarella cheese (2 oz.)

Prepare Calorie Counter Crepes:

1 c. all-purpose flour
1 1/2 c. skim milk
1 egg
1/4 tsp. salt

Combine flour, milk, egg and salt. Beat with rotary beater until blended. Heat lightly greased 6-inch skillet. Remove from heat. Spoon in 2 tablespoons batter. Lift and tilt skillet to spread batter. Return to heat; brown on one side only. Invert pan over paper toweling. Remove crepe. Makes about 18 crepes. Grease occasionally. (Can freeze crepes; put wax paper between each crepe.)

For Filling: In skillet cook meat, onion, celery, carrot and garlic until meat is browned and veggies are tender; drain. Stir in Parmesan cheese, wine, tomato paste, beaten egg, 1/2 teaspoon salt, basil and oregano.

Sauce: In saucepan gradually stir cold milk into flour until smooth. Add water, bouillon, 1/4 teaspoon white pepper. Cook and stir until mixture is thickened and bubbly. Remove saucepan from heat.

To Assemble Crepes: Spoon about 1/4 cup meat filling down center of unbrowned side of each crepe; roll up. Place filled crepes, seam side down, in a 12 x 7 1/2 x 2-inch baking dish. Pour sauce over all. Cover; bake in 375° oven about 20 minutes. Sprinkle Mozzarella cheese. Bake, uncovered, 3 minutes longer. Makes 4 servings.

TLT SANDWICH

1 pkg. Buddig turkey
2 slices lo-cal bread
tomato
lettuce
lo-cal mayo

Separate turkey on paper towel. Microwave 3 to 5 minutes on High until turkey has become crispy. Spread mayo on bread; cut tomato slices and lettuce; layer turkey. TLT sandwich instead of BLT sandwich.

Counts 1 bread, 1 fat, 1 protein.

Bonnie Holsinger

MARINARA SAUCE

(Low Cholesterol)

2 Tbsp. olive oil
3 cloves garlic, minced
12 plum tomatoes, chopped
1 1/2 tsp. oregano
3 Tbsp. fresh basil
1/4 tsp. low-salt Worcestershire sauce
1 Tbsp. tomato paste
1/2 c. water
black pepper to taste

Saute garlic in olive oil until golden. Add remaining ingredients. Stir, cover and simmer 20 minutes, stirring occasionally.

Meanwhile, cook favorite pasta and serve sauce over hot pasta.

Jennifer Mohl

ASPARAGUS AND SNOW PEAS

(Low Calorie)

1 lb. asparagus
1/2 lb. snow peas
2 cloves garlic
1 Tbsp. oil
1 Tbsp. soy sauce
1/4 tsp. salt
1/4 tsp. fresh ground pepper

Use nonstick skillet. Mince garlic; brown in 1 tablespoon oil. (You can cut down even further on calories by using Pam and just a little oil.) Add asparagus that has been cut into bite-size pieces. Cook, stirring constantly, for a few minutes. Add soy sauce, salt, pepper and snow peas. Reduce heat to medium and let cook a few more minutes until done to your liking!

Regina St. John

CHICKEN SALAD ORIENTAL

Dressing:

2 Tbsp. sugar
1/2 c. oil
3 Tbsp. vinegar
1 tsp. salt
1/2 tsp. pepper
Ramen flavoring

Mix and refrigerate while making salad.

4 green onions
2 chicken breasts, cooked and cubed
1/2 head cabbage, shredded
2 Tbsp. sesame seed
1/2 c. slivered almonds
1 pkg. Top Ramen noodles (chicken flavor)

Brown almonds and sesame seed at 350° for 10 to 15 minutes; cool. Mix Ramen noodles, cabbage, onions, chicken, seed and almonds. Add dressing and mix well. Refrigerate.

Sara Howard Hemati

HOT CHICKEN SALAD

3 c. chopped, cooked chicken
1 c. saltine cracker crumbs
2 cans cream of chicken soup
4 Tbsp. chopped onion
1 c. chopped celery
1 c. mayonnaise
6 chopped hard-boiled eggs

Toss all of the ingredients and pour into a buttered casserole. Bake at 350° for 45 minutes. Remove casserole and top with chow mein noodles. Bake for 5 minutes more, then serve.

Cathy Karmondy

STOKELY'S FINEST PASTA BEAN SALAD

8 oz. dry pasta (I like garden variety), cooked, cooled and drained
1 can cut waxed beans, drained
1 can cut green beans, drained
1 can kidney beans, drained
1 jar sliced pimiento, drained or cut fresh red pepper
3/4 c. red onion, sliced and cut into fourths
1/3 c. sugar
1/4 c. oil
1 c. vinegar

Combine vegetables and cooked pasta in large bowl. In a small mixing bowl, mix sugar, oil and vinegar. Stir until dissolved. Pour over pasta-bean mixture and let marinate in refrigerator for 2 to 4 hours. Makes 6 (1 1/2 cup) servings.

Sandy Weatherly

GREEN SALAD

1 (10 oz.) pkg. frozen broccoli
1 (10 oz.) pkg. frozen peas
1 medium cauliflower, sliced
1 bunch green onions, finely chopped
1 c. celery, sliced
8 oz. Caesar salad dressing

Cook broccoli and peas. Drain and cool. Add raw vegetables. Cover with Caesar salad dressing. Make several hours before serving. Keeps 2 or 3 days.

Diane Reimer

SPAGHETTI SALAD

1 lb. thin spaghetti (break into 1/3's)
6 oz. Zesty Italian dressing
3 medium tomatoes, seeded and chopped
4 Tbsp. salad seasoning
2 medium cucumbers, seeded and chopped
1 large green pepper, seeded and chopped

Cook spaghetti. Combine the rest of the ingredients; add to cooked spaghetti. Marinate 1 to 3 days.

Sally Kelly

VEGETABLE PASTA SALAD

1 pkg. rotini
1 bunch broccoli, cut into florets*
1 bunch cauliflower*
1 small pkg. carrots*
1 small bottle Italian dressing

*Or 1 large package mixed frozen vegetables.

Cook and drain rotini. Wash and cut up vegetables; steam for 2 minutes. Toss in a large bowl rotini, vegetables and dressing. Good for a large crowd. For a quick salad use frozen vegetables. Rinse in hot water and toss with cooked pasta and Italian dressing.

Linda Harris

BROCCOLI AND CAULIFLOWER SALAD

1/2 head broccoli
1/2 head cauliflower
1 c. grated Cheddar cheese (mild)
1 small onion, chopped
1/2 lb. bacon

Dressing:

1/2 c. mayonnaise
1/4 c. sugar
1 Tbsp. vinegar
salt and pepper to taste

Fry bacon until crispy. Break broccoli and cauliflower into small pieces. Combine vegetables, cheese, onion and bacon bits.

Mix mayonnaise, sugar, vinegar, salt and pepper. When ready to serve, pour dressing over salad and mix through.

Note: I always double amount of dressing.

Sandie Keydeniers

CALICO SALAD

1 (15 oz.) can whole kernel white corn
1 (15 oz.) can French-cut green beans
1 (15 oz.) can LeSueur peas
1 green pepper, chopped
1 small jar chopped pimento
1 c. diced onions
1 c. grated carrots

Dressing:

1/2 c. cooking oil
1/2 c. sugar
1/2 c. cider vinegar
1 tsp. salt
1 tsp. pepper
1 Tbsp. water

Bring dressing to boil and boil for 1 minute; cool. Pour over veggies and refrigerate. Will keep six weeks or longer stored in the refrigerator.

Mary Starzecki

CRUNCHY CABBAGE SALAD

2 Tbsp. toasted sesame seed
2 Tbsp. slivered almonds
2 green onions, chopped (tops too)
1/2 large head green cabbage
2 Tbsp. sugar
1/2 c. salad oil
1 tsp. salt
1/2 tsp. pepper
3 Tbsp. vinegar
1/2 pkg. Ramen noodles (uncooked and do not use flour packet)

Mix together the sugar, oil, salt, pepper and vinegar. Add this mixture to the sesame seed, almonds, onions and cabbage. Let stand in refrigerator for 2 to 3 hours. Just before serving, add noodles (broken up) and toss all together.

This recipe may be doubled easily.

Lou Goff

SPAGHETTI SALAD

1 small pkg. spaghetti
Italian salad dressing
Italian seasoning
1 small can pineapple tidbits

Cook spaghetti until done; drain and put into a bowl. Add Italian dressing to coat thoroughly. Add 1 tablespoon Italian seasoning; toss. Drain pineapple juice. Add tidbits to noodles; toss and refrigerate for 1 hour.

Lucy Yankosky

SUGAR-FREE APPLE PIE

4 c. sliced, peeled apples (sweet varieties are best)
1/2 c. frozen apple juice concentrate (undiluted)
1 1/2 to 2 tsp. tapioca, cornstarch or flour
1/2 tsp. lemon juice (optional)
1/2 to 1 tsp. cinnamon, nutmeg or apple pie spice

Divide pastry into 2 parts and roll thin to fit 8 or 9-inch plate. Set aside. Mix apples, juice concentrate, thickener and spice; stir until apples are well coated. Add lemon juice, if desired, to keep apples lighter colored. Pour into the pastry-lined pie pan and top with second crust or pastry strips. Seal the edges and cut slits in the top crust to allow steam to escape. Bake at 425° for 40 to 45 minutes.

Nancy Klug

FRUIT IN PORT AND LIME SYRUP

Syrup:

3 Tbsp. lime juice
2 Tbsp. tawny Port (Gallo)
1/4 c. sugar
2 tsp. grated lime rind
2 Tbsp. water

Fruit:

5 to 6 kiwi, sliced
1 cantaloupe (scooped balls)
1 honeydew (scooped balls)
1 to 2 pt. strawberries, sliced

Combine sugar and water; bring to a boil. Simmer 2 minutes. Remove from heat and stir in remaining ingredients. Pour over fruit. Stir; cover and chill.

Ann McSween

MANDARIN SALAD

1 head iceberg lettuce
2 c. sliced celery
2 Tbsp. parsley, chopped
4 green onions, sliced
2 (11 oz.) cans mandarin oranges
1 (8 oz.) can water chestnuts, sliced
1/2 c. slivered almonds
1/4 c. melted butter

Dressing:

1 tsp. salt and pepper
1/2 tsp. Tabasco sauce
1/4 c. sugar
1/4 c. tarragon vinegar
1/2 c. salad oil

Toast almonds in butter at 350° until golden. Toss salad. Pour dressing over shortly before serving. Sprinkle with toasted almonds. Serves 8 to 10.

Sherry Helmer

PATRICK'S FRUIT SALAD

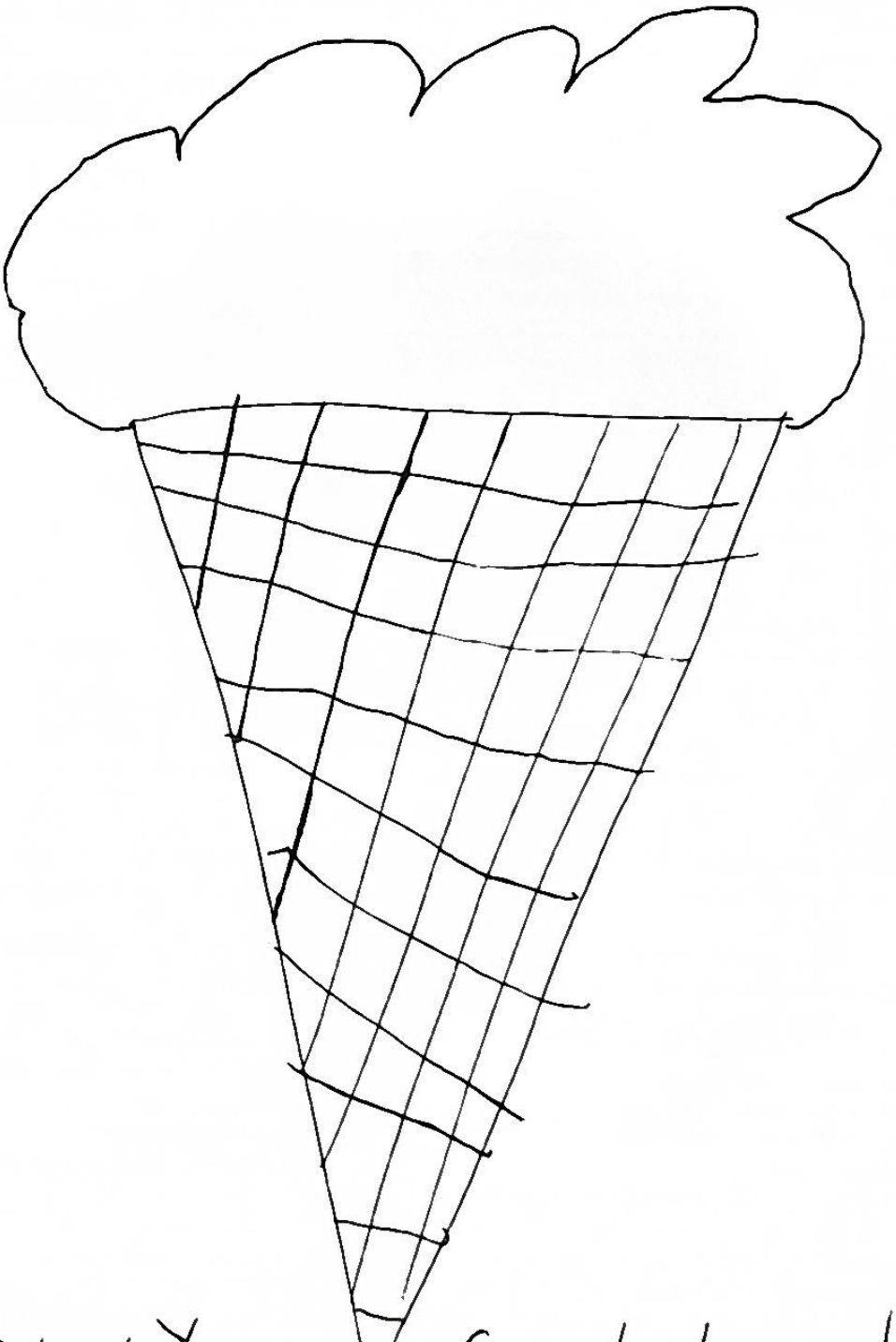
2 to 3 medium apples
1/2 bag fresh cranberries
1/2 c. 7-Up/Sprite (or other lemon-lime drink)
1 Tbsp. sugar

Wash and core apples. Wash cranberries. Chop coarsely in food processor along with the sugar. Stir in the 7-Up. Eat!

Patrick Topping
Age 9, 4th Grade

<<< Extra Recipes >>>

Desserts



Andy K-Fesden Caldwell

Candy Testing

Candy	Degrees	Stage	Cold Water Test
	230-234	Thread	Syrup spins 2-inch thread when dropped from spoon
Fudge, Fondant	234-240	Soft Ball	Candy will roll into soft ball but quickly flattens when removed from water.
Divinity, Caramels	244-248	Firm Ball	Candy will roll into a firm ball (but not hard ball) which will not lose its shape upon removal from water.
Taffy	250-266	Hard Ball	Syrup forms hard ball, although it is pliable.
Butterscotch	270-290	Light Crack	Candy will form threads in water which will soften when removed from water.
Peaut Brittle	300-310	Hard Crack	Candy will form hard, brittle threads in water which will not soften when removed from water
Caramelized Sugar	310-321	Caramelized	Sugar first melts, then becomes a golden brown and forms a hard, brittle ball in cold water

Substitutions

1 c. whole milk
1/2 c. evaporated milk and 1/2 c. water
1/2 c. condensed milk and 1/2 c. water
(reduce sugar in recipe) 4 T. powdered milk and 1 c. water • 4 T. nonfat dry milk plus 2 t. shortening and 1 c. water

1 c. sour milk
1 c. sweet milk and 1 T. lemon juice or vinegar • 1 c. sweet milk mixed with 1 T. lemon juice or 1 T. vinegar or 1 3/4 t. cream of tartar

1 c. sweet milk
1 c. sour milk or buttermilk plus 1/2 t. baking soda

1 c. sour, heavy cream (for sour milk recipe)
1/3 c. butter and 2/3 c. milk

1 c. sour, thin cream (for sour milk recipe)
3 T. butter and 3/4 c. milk

1 c. butter or margarine (for shortening)
4/5 c. bacon fat (clarified), increase liquid in recipe 1/4 c. • 2/3 c. chicken fat (clarified), increase liquid in recipe 1/4 c. • 7/8 c. cottonseed, corn, nut oil (solid or liquid) • 7/8 c. lard and salt • 1/2 c. suet and salt (increase liquid in recipe 1/4 c.)

1 1-oz. square unsweetened chocolate
3 T. cocoa plus 1/2 T. shortening

1 T. cornstarch (for thickening)
2 T. flour (approx.)

1 T. flour (for thickening)
1/2 to 2/3 T. cornstarch or 1 T. minute tapioca or 1 whole egg, 2 egg whites or 2 egg yolks

1 c. sifted cake flour
1 c. minus 2 T. sifted all-purpose flour

1 c. sifted all-purpose flour
1 c. plus 2 T. sifted cake flour

1 whole egg
2 egg yolks, plus 1 T. water (in cookies, etc.) or 2 egg yolks (in custards, etc.)

1 c. molasses • 1 c. honey

1 c. honey
3/4 c. sugar plus 1/4 c. liquid

1 c. granulated sugar
1 1/3 c. brown sugar or 1 1/2 c. powdered sugar

1 t. baking powder
1/4 t. baking soda plus 1/2 t. cream of tartar

1 lb. cornmeal • 3 cups

1 lb. cornstarch • 3 cups

1 lemon rind • 1 Tbsp. grated

3-4 med. oranges • 1 cup

1 orange rind • 2 Tbsp. grated

23 soda crackers • 1 cup crumbs

15 graham crackers • 1 cup crumbs

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MOIST CHOCOLATE CAKE WITH WHITE FROSTING

1/2 c. unsweetened cocoa powder
1 tsp. baking powder
3 c. all-purpose flour
1/2 tsp. salt
1 tsp. white vinegar
2 tsp. baking soda
1 c. whole milk
1 c. margarine, softened
2 c. sugar
2 large eggs
1 tsp. vanilla extract
1 c. boiling water

White Frosting:

3 Tbsp. all-purpose flour
1 c. whole milk
1 c. sugar
1/2 c. Crisco
1/2 c. margarine, softened
1 tsp. pure vanilla extract

In small bowl, stir together cocoa, baking powder, flour and salt; set aside. In measuring cup, add vinegar and baking soda to milk; set aside. Cream margarine and sugar until fluffy. Add eggs and mix well. Add dry ingredients alternately with milk mixture, beating well after each addition. Beat in vanilla until mixture is smooth and creamy. Stir in 1 cup boiling water, blending gently just until water disappears from top of mixture. Pour into greased and floured 10 1/2 x 14 1/2 x 2-inch pan. Bake at 350° for 35 minutes or until wooden pick inserted in center comes out clean. Frost when cool.

Frosting: In small saucepan, cook flour and milk over medium heat, stirring constantly until mixture thickens and begins to boil. Remove from heat and cool.

In small bowl, cream together sugar, Crisco and margarine. Add milk mixture and beat until sugar crystals disappear, about 5 minutes. Add vanilla, beating until well mixed.

Delicious!

Ann Eller

ZUCCHINI BUNDT CAKE

2 1/2 c. flour
1/4 tsp. baking powder
1 tsp. cinnamon
1 tsp. salt
1 tsp. soda
3 eggs
1 c. sugar
1 box Betty Crocker coconut pecan or almond coconut frosting mix
1 c. oil
1 tsp. vinegar
2 c. shredded zucchini

Beat eggs; add sugar, vinegar and oil. Add zucchini; mix well. Mix frosting mix into dry ingredients. When mixed well, add to egg mixture. Beat well. Bake at 350° for 50 to 60 minutes. Cool; frost with Cream Cheese Frosting.

Cream Cheese Frosting:

1/2 lb. powdered sugar
3 Tbsp. margarine
1 tsp. vanilla
3 to 4 oz. cream cheese

Put all ingredients in a bowl and microwave on High 45 seconds. Beat until smooth. For a holiday treat, tint frosting green. Frost only top of cake. Garnish with cherries.

Debbie Rhodes

DECADENT CHOCOLATE CAKE

1 c. sugar
1/2 c. butter
4 eggs
1 c. flour
1 tsp. baking powder
dash of salt
16 oz. Hershey's chocolate syrup
1 tsp. vanilla
1/2 c. chopped nuts (optional)

Cream butter and sugar. Add eggs one at a time. Beat well, then add sifted dry ingredients alternately with chocolate syrup. Add vanilla and nuts. Bake in 2 layer pans that have been greased and floured. Bake at 350° for 30 minutes. Frost with desired frosting.

Carol Woodruff

HOT DUTCH CHOCOLATE CAKE

Cake:

2 c. flour
2 c. sugar
1 1/2 tsp. cinnamon
pinch of salt
1 c. water
1 stick butter/margarine
3 Tbsp. cocoa
1/2 c. shortening
2 eggs
1 tsp. vanilla
1/2 c. buttermilk
1 tsp. soda

Icing:

1 stick butter
2 1/2 Tbsp. cocoa
6 Tbsp. buttermilk
1 box powdered sugar
1 c. whole pecans

Preheat oven to 400°. Grease and flour a 9 x 13-inch pan. Mix flour, sugar, cinnamon and salt; set aside. Bring to a boil the water, butter, cocoa and shortening. Add cocoa mixture to dry ingredients along with 2 eggs and 1 teaspoon vanilla. Add the soda to the buttermilk first, then add to batter. Mix batter well (batter will be thin). Pour into pan. Bake 30 minutes.

Icing: Heat butter, cocoa and buttermilk until melted (do not boil). Add powdered sugar and pecans. Pour over warm cake.

Sherry Helmer

* * * * *

My favorite memories of kindergarten at Frontier were of our field trip to Black Forest and getting a pet for our room.

Michelle McLaughlin

CHOCOLATE ZUCCHINI CAKE

1/2 c. margarine
1/2 c. oil
1 3/4 c. sugar
2 eggs
1 tsp. vanilla
1/2 c. sour milk
2 1/2 c. flour
4 Tbsp. cocoa
1/2 tsp. baking powder
1 tsp. baking soda
1/2 tsp. cinnamon
1/4 tsp. salt
2 c. grated zucchini
1/2 c. chocolate chips

Cream margarine, oil and sugar. Add eggs, vanilla and sour milk (1 teaspoon lemon juice to milk; let stand 5 minutes) to shortening and sugar until well blended.

Mix together flour, cocoa, baking powder, baking soda, cinnamon and salt. Stir in grated zucchini. Spoon batter into greased and floured 9 x 13-inch pan. Sprinkle with chocolate chips. Bake at 325° for 55 minutes or until toothpick comes out clean.

Carol Woodruff

CHOCOLATE POUND CAKE

1/2 lb. butter
1/2 c. Crisco
3 c. sugar
5 eggs
1 c. milk
3 c. plain flour
1/2 tsp. baking powder
1/2 tsp. salt
1/2 c. cocoa
1 Tbsp. vanilla

Grease and flour tube pan. Cream together butter and Crisco. Add sugar, then add eggs, one at a time. Add cocoa, flour, baking powder and salt alternating with milk. Add vanilla. Bake at 350° for 1 hour and 25 minutes.

Sherry Phipps

CHOCOLATE ICING

1 stick margarine
1 box confectioners sugar
5 tsp. cocoa
1 Tbsp. vanilla
3 Tbsp. milk

Melt margarine. Mix with confectioners sugar, cocoa, vanilla and milk. Cream until thick enough to spread on cake.

Sherry Phipps

DELICIOUS CAKE

1 yellow Duncan Hines cake mix
1 large pkg. chocolate pudding
2 eggs
2 c. water

Mix above ingredients and bake at 350° for 35 to 40 minutes. Cool.

Frosting:

2 egg yolks
1/4 c. powdered sugar
1/4 c. margarine

Mix together. Fold in 1 (8 ounce) Cool Whip. Frost. Top with slivered Heath bars (2 to 3 bars).

Carol Viola

CARROT CAKE

1 c. sugar
1/2 c. oil
1 tsp. vanilla
2 eggs, beaten
1 c. flour
1 tsp. cinnamon
1/2 tsp. baking soda
1/2 tsp. salt
1 c. ground carrots

Cream sugar and oil; add vanilla and eggs; beat well. Sift together flour, cinnamon, soda and salt. Add to 1st mixture. Fold in carrots. Pour into greased 9 x 13-inch pan. Bake at 350° for 25 minutes. Cool and frost.

Cream Cheese Frosting:

1 stick butter or margarine, melted
1 tsp. vanilla
1 (3 oz.) cream cheese, softened
1 1/2 c. powdered sugar

Beat melted butter and cream cheese. Add vanilla and powdered sugar. Beat thoroughly.

Carol Viola

FRESH BANANA BUNDT CAKE

Cake:

1/2 c. shortening
1 1/2 c. sugar
1 1/2 c. mashed banana (about 3)
2 eggs
1 tsp. vanilla
2 c. cake flour
1 tsp. baking soda
1/2 tsp. salt
1/2 c. sour cream

Icing:

2 1/2 c. powdered sugar
4 tsp. hot water
1 tsp. rum

Preheat oven to 350°. Grease and flour Bundt pan.

Cake: Cream shortening. Slowly add sugar and beat until light. Add the banana, eggs and vanilla; beat well. Mix the flour, baking soda and salt. Add to first mixture and blend. Slowly add the sour cream and beat until well blended. Spread in the pan and bake for about 45 minutes. Cool in the pan before inverting on rack.

Icing: Put hot water in a small bowl and beat in the powdered sugar until the frosting is thick enough to spread. Add rum. Continue beating until creamy.

Terri Wilson

* * * * *

Frontier means having fun because you get to have parties. But, when you have parties you have to say please and thank you.

Laura Minton

MISSISSIPPI MUD CAKE

3 c. sugar
2 sticks oleo
1 3/4 c. flour
4 eggs
12 oz. marshmallow cream
4 Tbsp. cocoa
1 1/3 c. coconut
1 1/2 c. chopped nuts
1 tsp. vanilla

Frosting:

1 lb. powdered sugar
1/3 c. cocoa
1/2 c. canned milk
1 stick oleo
1 tsp. vanilla

Cream sugar, cocoa, oleo, eggs and vanilla. Mix well. Add flour, coconut and nuts. Beat 3 minutes. Bake in greased 9 x 13-inch pan 30 to 40 minutes at 350°. Remove from oven and spread marshmallow cream on hot cake. Leave at room temperature until cool. Cover with frosting.

Frosting: Bring oleo, milk and cocoa to boil. Pour over powdered sugar. Add vanilla. Mix. Spread on cooled cake.

Mrs. Myra Fry

BEST CAKE EVER

1 box yellow cake mix
1 box instant vanilla pudding mix
1/2 c. vegetable oil
1/2 c. water
4 large eggs
1 c. sour cream
4 oz. German sweet chocolate, grated
6 oz. chocolate chips
1 c. chopped pecans
1 c. shredded coconut

In mixer bowl combine cake mix, pudding, oil and water. Add eggs, one at a time, beating well after each. Stir in sour cream, grated chocolate, chocolate chips, pecans and coconut.

Turn batter into a well-greased Bundt or tube pan. Bake at 350° for 55 to 60 minutes or until a tester inserted in cake comes out clean. Makes 1 cake (12 to 16 servings).

Linda Harris

ECLAIR CAKE

2 to 3 pkg. graham crackers
2 small boxes instant vanilla pudding
1 (8 oz.) Cool Whip
3 c. milk
1 can chocolate frosting

Lightly butter pan. Beat pudding and milk together; let stand for a few minutes to thicken. Stir in Cool Whip. Put 1 layer crackers on bottom of pan. Pour 1/2 mixture over crackers, 1 layer crackers, 1/2 mixture over crackers and 1 layer crackers. Spread frosting over top and sprinkle with graham cracker crumbs. Refrigerate.

Lisabeth and Justin Palmer
2nd Grade

GERMAN COFFEE CAKE

3/4 c. sugar
2 1/2 c. flour
1 c. brown sugar
3/4 tsp. salt
1 c. vegetable oil
1 egg
1 tsp. baking soda
1 tsp. cinnamon
1 tsp. nutmeg
1 c. buttermilk*

Mix sugar, flour, brown sugar, salt and vegetable oil. Reserve 1 cup of mixture for topping. Add egg, baking soda, cinnamon, nutmeg and buttermilk (or sour milk). Pour into greased and floured 13 x 9 x 2-inch pan. Sprinkle on reserved topping. Sprinkle a little more cinnamon and nutmeg. Bake 35 minutes at 350°. Remove from oven. Cool and sprinkle with powdered sugar.

*To sour milk, add 2 tablespoons vinegar to 1 cup milk; stir.

Carole Winsor

MOON CAKE

I call this a horizontal cream puff! The bottom is like cream puff dough. When it bakes it gets uneven; thus moon rocks!

Bottom:

1 c. water
1/2 c. margarine
1 c. flour
4 eggs

Pudding Top:

2 pkg. instant vanilla pudding
8 oz. cream cheese, softened
Cool Whip or whipped cream
Chocolate Sauce

Bottom: Bring to a boil the water and margarine. Remove from heat and add the flour. Mix to form ball. Cool to room temperature. Beat in eggs, one at a time. Spread on ungreased 11 x 15-inch sheet. Bake at 400° for 30 minutes.

Top: Fix pudding according to directions. Beat in cheese. When base is cool, spread pudding-cheese mixture on top. Cool. Spread with Cool Whip or whipped cream. Drizzle with chocolate sauce. (Chocolate from squirt bottle works best.)

Judy Oyer

SUNKEN APPLE CAKE

8 oz. self-rising flour
8 oz. butter (unsalted)
8 oz. granulated sugar
4 eggs
3 large apples

Cream butter and sugar until light and fluffy. Beat eggs in one at a time. Fold in sifted flour. Put batter in a greased, 9-inch spring-form pan. Peel the apples. Cut apples into sixths or eighths, depending on size. Score the apple wedges at 1/2-inch intervals and push the wedges into the batter (leave the tops exposed). Bake in 350° oven about 40 minutes. Serve with sweetened, whipped cream.

Janice Price

HAWAIIAN WEDDING CAKE

1 white cake mix
1 large box instant vanilla pudding
1 large carton Cool Whip
1 (8 oz.) softened Philadelphia cream cheese
1 small can pineapple tidbits, drained

Make cake mix according to directions in greased and floured jelly roll pan only bake 5 minutes less than directions, approximately 15 to 18 minutes at 325°. Cool slightly.

Mix pudding with only 2 cups milk and beat cream cheese into pudding (will be a little lumpy). Spread over top of cake. Spread Cool Whip over pudding mixture. When serving, place 3 pineapple tidbits on top of each piece.

Gayle Almer

PUMPKIN BREAD CAKE

3 c. sifted flour (plain)
1/2 tsp. baking powder
1 tsp. baking soda
1 tsp. ground nutmeg
1 tsp. ground cloves
1 tsp. ground cinnamon
1/2 tsp. salt
3 c. sugar
1 c. cooking oil
3 eggs
2 c. canned pumpkin
1 c. walnuts, chopped
confectioners sugar

Preheat oven to 350° (325° for Colorado Springs). Grease and flour a 10-inch tube or Bundt pan.

In medium bowl, sift together the first 7 ingredients. In a large bowl, blend well the next 3 ingredients and stir in pumpkin. Gradually add sifted dry ingredients to the pumpkin mixture, stirring well after each addition. Fold in nuts. Pour into the prepared pan and bake for approximately 1 hour or until done. Remove from oven and cool on a wire rack for 10 minutes. Remove from the pan and cool completely. Sprinkle with confectioners sugar.

Denise Vonada

BUTTERNUT CAKE

Cake:

1 c. Crisco shortening
2 c. sugar
4 eggs
2 1/2 c. plain flour, sifted
1 c. milk
1/2 c. self-rising flour
1 Tbsp. butternut flavoring
1/2 tsp. salt

Icing:

1/2 c. margarine
1 box powdered sugar
1 (8 oz.) pkg. cream cheese
1 Tbsp. butternut flavoring
1 c. chopped nuts (optional)

Cake: Cream Crisco, sugar and eggs at high speed for 10 minutes. Add 1 cup flour and beat 1 minute on 3rd speed. Add rest of flour, milk and salt. Beat 1 minute on 3rd speed. Add flavoring and mix. Bake in 3 layers at 350° (less temperature for Colorado Springs, 325°).

Icing: Combine all ingredients as given. Mix and frost cooled cake.

Denise Vonada

CRUMB CAKE

2 c. brown sugar
1/2 c. butter
2 c. flour
1 c. sour milk
1 tsp. baking soda (add to milk)
1/2 c. nuts
1/2 tsp. salt
1/2 c. raisins

Mix together; save 3/4 cup of mixture for top. To the remaining above mixture add the remaining. Mix well. Place in a 9 x 13-inch cake pan. Top with the 3/4 cup mixture and bake at 350° for 30 minutes.

Cheryl St. Vincent

DEBBIE'S FAVORITE CHEESECAKE

3 pkg. cream cheese
3 eggs
1 tsp. vanilla or 1/3 c. Amaretto
1 c. sugar

Glaze:

1 pkg. frozen raspberries
2 Tbsp. cornstarch
Amaretto

Crust:

2 1/4 c. crushed vanilla wafers
1/3 c. oleo

Soften cheese; beat in sugar and well beaten eggs and vanilla. Set aside.

Crust: Mix oleo and wafers; press into bottom of spring-form. Bake at 350° for 5 minutes. Pour in filling and bake at 375° for 10 minutes, 325° for 30 minutes. Turn off oven; let set for 15 minutes. Cool. Top with glaze.

Glaze: Thaw package of strawberries; drain juice. Add 2 tablespoons cornstarch to juice. Boil until thick. Add Amaretto to taste. Add berries.

Mary Hoffman

CHOCOLATE CHEESECAKE

1 1/2 c. all-purpose flour
1 1/2 sticks butter or margarine
12 oz. cream cheese, softened
2 c. powdered sugar
12 oz. carton Cool Whip, divided
3 pkg. instant chocolate pudding
4 1/2 c. milk

Cream together flour and butter. Press firmly and evenly into a 9 x 13-inch pan. Bake in 350° oven for 20 minutes; cool. Blend together cream cheese, powdered sugar and 2 cups Cool Whip. Blend thoroughly with mixer. Spread over cooled crust.

Beat pudding mix and milk with mixer. Pour over cheese layer. Spread remaining Cool Whip over chocolate layer. This should be chilled for several hours.

Robyn Brands

CHEESE CAKE

Graham Cracker Crust:

1 1/4 c. crumbs
3 Tbsp. sugar
1/3 c. melted butter

1st Layer:

2 (8 oz.) pkg. cream cheese
2 beaten eggs
1/2 c. sugar
2 tsp. vanilla

Top Layer:

1 pt. sour cream
2 Tbsp. sugar
1 tsp. vanilla

Mix together ingredients for Graham Cracker Crust and line ungreased spring-form pan with above.

Mix thoroughly the ingredients for the 1st Layer with beater and pour into crust. Bake at 400° for 20 minutes. Let cool 1 hour. Pour on top mixture of ingredients for top layer. Return to 400° oven about 18 minutes. Chill at least 10 hours for best results.

Ann McSween

CHOCOLATE CHIP CHEESECAKE

1 graham cracker crust
1 (8 oz.) pkg. cream cheese, softened
1/3 c. sugar
1 c. sour cream
2 tsp. vanilla
1 (8 oz.) frozen whipped topping, thawed
1 c. mini chocolate chips (6 oz.)

Place crust in a 9 x 11-inch pan. Beat cream cheese until smooth; gradually beat in sugar. Blend in sour cream and vanilla. Fold in whipped topping, blending well. Stir in mini chocolate chips. Spoon onto crust. Chill until set, at least 4 hours.

Carol Hein

IT'S A SNAP CHEESECAKE

1 envelope unflavored gelatin
1/2 c. sugar
1 c. boiling water
2 (8 oz.) pkg. cream cheese, softened
1 Tbsp. vanilla

Mix gelatin and sugar. Add boiling water and stir until gelatin is completely dissolved. With electric mixer, beat in cream cheese and vanilla until smooth. Pour into graham cracker crust. Chill until firm. Top with fresh or canned fruit. Makes 8 servings.

For 9-inch graham cracker crust, combine:

1 1/2 c. crumbs
3 Tbsp. sugar
1/3 c. melted butter

Press into pie tin. Bake at 350° for 10 minutes.

Kerma Martin

EASY CHEESECAKE

2 beaten eggs
1/2 c. white sugar
1 tsp. vanilla
12 oz. soft cream cheese
1/4 c. milk

Crust:

12 graham crackers
1/2 c. white sugar
1/4 c. melted butter

Crust: Pat into pie pan or 8-inch square baking dish.

Beat eggs, sugar, vanilla, milk and cheese together until smooth. Pour into graham cracker or chocolate wafer crust. Bake at 375° for 25 minutes. Cool. Pour chilled pie filling over top (blueberry, cherry, etc.). Crushed pineapple is good too.

Linda Ferguson

QUICK COOKIE STICKS

1/2 c. granulated sugar
1/2 c. packed brown sugar
1/2 c. vegetable oil
1 tsp. vanilla
1 egg
1 1/2 c. flour (all-purpose)*
1/2 tsp. baking soda
1/2 tsp. salt
1 c. semi-sweet chocolate chips, butterscotch chips or peanut butter flavored chips
1/2 c. chopped nuts or almond brickle chips

*Substitute: 2/3 cup whole wheat and 3/4 cup all-purpose.

Heat oven to 375°. Mix sugars, oil, vanilla and egg in large bowl with spoon until smooth. Stir in flour, baking soda and salt. Divide dough into halves. Shape 1 half into 2 strips about 15 x 3-inches, about 3 inches apart on lightly greased cookie sheet. Sprinkle each strip with chips and nuts; press in lightly so they won't fall off. Bake until golden brown 6 to 7 minutes for soft; cool 2 minutes. Cut each strip crosswise into 1-inch slices. Remove from cookie sheet. Store tightly covered. Makes about 5 dozen cookies.

Jo Brittain

DUSTY ROAD COOKIES

1 c. unsalted butter
1 1/4 c. powdered sugar
1 tsp. vanilla
1/2 tsp. cinnamon
1 3/4 c. flour
1 1/4 c. finely chopped nuts
powdered sugar (optional)

Cream together the butter and sugar until light and fluffy. Beat in the vanilla and cinnamon. Combine the flour and nuts. Stir mixture into butter mixture until well blended. Shape into 1-inch balls. Place on a greased baking sheet. Press tops with a fork. Bake at 350° for 12 to 15 minutes until golden around edges. Cool. Dust with powdered sugar, if desired.

Sherry Phipps

RICE KRISPIE COOKIES

1/2 c. margarine
1 c. sugar
1 egg
1 tsp. vanilla
1 1/4 c. flour
1 (6 oz.) pkg. semi-sweet chocolate pieces
1/2 tsp. baking soda
1/4 tsp. salt
2 c. Rice Krispies

Cream margarine and sugar. Add egg and vanilla. Mix thoroughly. Sift flour, baking soda and salt together. Add to creamed mixture. Add Rice Krispies and chips. Drop by teaspoonfuls on lightly greased cookie sheet. Bake at 350° for 10 to 12 minutes.*

*High Altitude: 6 minutes seems to be a good baking time.

Peggy Schneider

PAN COOKIES

3/4 c. brown sugar
3/4 c. white sugar
2 sticks oleo
1 tsp. water
1 tsp. vanilla extract
2 1/4 c. flour
3/4 tsp. baking soda
1 tsp. salt
1 bag chocolate chips
2 egg

In mixer blend sugars, melted oleo, water and vanilla. Add eggs; blend until creamy. Add dry ingredients and mix. Add chocolate chips. Grease a 9 x 13-inch pan. Bake at 375° for 25 to 30 minutes.

Denise Samuelson

MILLION DOLLAR COOKIES

1 c. shortening
1/2 c. sugar
1/2 tsp. vanilla
1 tsp. soda (baking)
2 c. flour
1 egg
1/2 c. brown sugar
1/2 tsp. salt
1 tsp. cream of tartar

Cream sugars and shortening. Add egg and vanilla. Sift salt and baking soda with flour to mix. Add to shortening mixture. Add cream of tartar and mix well. Shape into balls; press with glass or cookie press dipped in sugar. Bake at 400° until edges begin to brown, 5 to 10 minutes.

Brenda Liemandt

BIZCOCHITOS

(Official State Cookie for New Mexico)

1 c. sugar
1 1/2 c. shortening
1 egg
1 tsp. vanilla
1/8 c. brandy
2 tsp. anise seed
3 c. flour
1/2 tsp. baking powder
1/4 tsp. salt
warm water (as needed)
1/2 tsp. cinnamon
3/4 c. sugar

Cream well 1 cup sugar, shortening, egg, vanilla and brandy. Add anise seed and mix well.

In 2nd bowl mix flour, baking powder and salt. Add flour mixture to sugar mixture. Slowly add warm water and mix by hand everything until dough is flaky and soft like pie dough. Roll on floured cutting board 1/4-inch thick. Cut out 2-inch squares. On one side of squares make 1/4-inch cuts along edge. Place cookies on buttered baking sheet.

Mix 1/2 teaspoon cinnamon and 3/4 cup sugar; sprinkle on cookies. Bake 12 to 15 minutes in preheated 350° oven until golden brown. Makes 2 dozen.

Sandi Dye

PEANUT BUTTER COOKIES

1 c. margarine
1 c. peanut butter
1 c. firmly packed brown sugar
1 c. sugar
2 eggs
1 tsp. vanilla
3 1/2 c. flour
1 tsp. soda

Beat butter until creamy. Gradually beat in peanut butter, brown sugar, sugar, eggs, vanilla (one item at a time). Stir together flour and soda. Add to above mixture, blending thoroughly. Roll into 1-inch balls. Press down with fork. Bake at 375° for 10 to 12 minutes until golden brown.

Carol Viola

SUGAR COOKIES

1 c. powdered sugar
1 c. sugar
1 c. margarine
1 Tbsp. almond flavoring
1 c. oil
2 eggs
4 c. + 4 Tbsp. flour
1 tsp. vanilla
1 tsp. salt
1 tsp. soda
1 tsp. cream of tartar

Icing:

confectioners sugar
water
food coloring
almond flavoring

Cream first 4 ingredients. Add remaining ingredients; chill for 2 hours. Roll into medium sized balls. Flatten with a glass. Place on greased pan. Bake at 350° for 8 to 10 minutes. Makes 5 to 6 dozen.

Lorna Peaden

SNOW TIP COOKIES

1/2 c. butter
4 sq. chocolate
2 c. sugar
4 eggs
2 tsp. vanilla
2 c. flour
2 tsp. baking powder
1/4 tsp. salt
1/2 c. walnuts or pecans

Melt butter and chocolate. Add sugar; mix well. Add eggs and vanilla. Mix sifted ingredients and add to wet mixture. Chill until firm. Roll balls in powdered sugar. Bake at 350° for 10 to 12 minutes.

Lorna Peaden

* * * * *

My favorite part of the cookbook is: The Children's Section - It's fun to "make some fun on rainy or snowy days."

Regina St. John

PEANUT BUTTER CRINKLES

1/2 c. margarine
1/2 c. chunky peanut butter
1/2 c. sugar
1/2 c. brown sugar
1 egg
1/2 tsp. vanilla
1 1/4 c. all-purpose flour
3/4 tsp. soda
1/4 tsp. salt

Thoroughly cream together with electric mixer, margarine, peanut butter, sugars, egg and vanilla. Sift together flour, soda and salt. Blend into creamed mixture. Drop dough from rounded teaspoonfuls onto greased cookie sheet 2 inches apart. Bake cookies in moderate oven at 375° for 8 to 10 minutes. Cool slightly on cookie sheet; remove to rack to cool completely. Makes about 4 dozen cookies.

Wanda L. Riehl

CAKE MIX COOKIES

1 cake mix
1 egg
2 c. Cool Whip
1 tsp. vanilla
powdered sugar

Mix all ingredients, except powdered sugar, by hand. Drop teaspoonfuls in powdered sugar. Make into a ball, rolling in sugar. Place on generously greased cookie sheet. Bake at 350° for 12 to 14 minutes. Remove carefully, cookies will still be pretty soft. Makes approximately 3 1/2 dozen.

Robyn Brands

CHOCOLATE COOKIES

yummy

1 c. butter or margarine
1 1/2 c. sugar
2 eggs
2 c. all-purpose flour
2/3 c. cocoa
3/4 tsp. baking soda
1/2 tsp. salt
1 tsp. vanilla
1 bag chocolate chips

Cream butter or margarine, sugar, eggs and vanilla until light and fluffy. Combine flour, cocoa, baking soda and salt. Add to creamed mixture. Stir in chocolate chips. Place on ungreased cookie sheet. Bake at 350°. Cookies served at the P.T.O. Teacher Appreciation lunch.

Sally Kelly

Bake approx 8 min
Cool on pan 2 min
remove & finish cooling

SOFT DROP RAISIN COOKIE

1 c. sugar
1 tsp. soda
2 eggs
1 tsp. cinnamon
1/2 tsp. cloves
1/2 tsp. nutmeg
2 c. flour
3/4 c. shortening
1 c. chopped nuts
1 lb. box raisins (cook until soft; drain well)

Preheat oven to 350°. Cream shortening and sugar. Add eggs. Add soda, cinnamon, cloves, nutmeg and flour. Blend well. Add nuts and raisins. Fold these in well. Drop by teaspoonfuls onto cookie sheet. Bake at 350° for 8 to 10 minutes.

Bet you can't stop at eating only one!

Terri Wilson

AUNT EVE'S SUGAR COOKIES

1 c. powdered sugar
1 c. granulated sugar
1 c. butter
1 c. oil
2 eggs
5 c. flour
2 tsp. vanilla
2 tsp. cream of tartar
3/4 tsp. salt
1 tsp. baking soda

Cream sugars and butter. Add oil and eggs; mix well. Add flour, cream of tartar, vanilla, salt and soda. Mix well. Form into balls and place on ungreased cookie sheet. Press with a glass that has been dipped in sugar. Bake 10 to 12 minutes at 350°.

Susan Weaver

* * * * *

My memories of Frontier are constantly being made, but my favorite is the love, support, and caring shown over my daughter's accident.

Sandy Kellerman

OATMEAL CHOCOLATE CHIP COOKIES

1 c. shortening
3/4 c. sugar
3/4 c. packed brown sugar
2 eggs
2 c. flour
1 tsp. salt
1 tsp. baking soda
1 tsp. vanilla
2 c. oatmeal
1 (12 oz.) pkg. chocolate chips

Cream shortening well. Add sugars and eggs until well combined. Sift flour, salt and soda; add to mixture. Add vanilla and stir. Add oatmeal and chocolate chips. Drop onto ungreased cookie sheet and bake at 350° for 9 to 10 minutes. Remove cookies to wire rack for cooling.

You may add 1 cup walnuts or substitute raisins for chocolate chips.

Dana Hines

EASY CINNAMON COOKIES

2 1/2 c. flour
1 1/2 tsp. double baking powder
3/4 tsp. salt
2 Tbsp. cinnamon
1 c. sugar
3/4 c. oil
2 eggs
1 tsp. vanilla
1/4 c. water

Preheat oven to 375°. Mix all ingredients in a large bowl with a mixer. Make into 1/2-inch balls. Bake on a lightly greased cookie sheet for 10 to 12 minutes or until golden brown. Cool; sprinkle with powdered sugar and store in an airtight container.

Anne Marie Scro

SOFT PEACH COOKIES

1/2 c. (1 stick) oleo
1 c. sugar
2 c. flour
1/4 tsp. nutmeg
1/8 tsp. ginger
1/8 tsp. salt
1 large egg
1/2 tsp. soda
3 medium peaches
1/4 tsp. cinnamon
1/8 tsp. cloves

Cream oleo and sugar in bowl. Add egg and beat until fluffy. In another bowl mix flour and spice mixture into egg mixture a bit at a time. Peel, pit and finely dice peaches. Stir into cookie mixture. Drop dough by full rounded teaspoons onto cookie sheet. Bake at 375° for about 20 minutes until cookies are browned on top. Cool thoroughly on wire rack before storing.

These are soft cake-like cookies. If too soft on standing, put into warm 250° oven for a few minutes. Makes about 4 dozen.

Linda Saunders

FUDGE MARBLE BARS

1 pkg. fudge marble cake mix (Duncan Hines)
1/4 c. water
2 eggs
1/4 c. butter or margarine, softened
1 c. semi-sweet chocolate chips
1 Tbsp. water
1/2 c. chopped pecans

Heat oven to 350°. Grease a 13 x 9 x 2-inch pan. Set aside cocoa packet. Combine cake mix, eggs, 1/4 cup water and butter in large bowl. Beat at low speed with electric mixer until just blended.

Measure 1/2 cup batter into small bowl. Add cocoa packet, chocolate chips and 1 tablespoon water. Stir until blended. Add nuts to yellow batter. Spread in pan. Spoon chocolate batter randomly on top. Swirl with knife. Bake at 350° for 22 to 27 minutes or until toothpick comes out clean. Cool. Cut into bars (2 x 1 1/2-inches).

Sherry Helmer

ALMOND BRITTLE BARS

1 c. butter or margarine
1 tsp. vanilla
1 scant c. sugar
1 egg, separated
2 c. flour
1/2 c. sliced almonds

Cream the butter until light and fluffy. Beat in the vanilla. Add the sugar slowly and continue creaming until well blended. Beat in the egg yolk. Stir in the flour and combine thoroughly. Do not beat in or the cookies will be tougher. Pat mixture into a lightly greased 15 x 10-inch baking pan. Beat the egg white with 1 tablespoon water until frothy. Brush over dough. Sprinkle with almonds. Bake at 375° for 25 to 30 minutes. Cut into bars immediately. Cool on racks.

Sherry Phipps

PUMPKIN BARS

3/4 c. margarine
2 c. sugar
1 (16 oz.) can pumpkin
4 eggs
2 c. flour
2 tsp. baking powder
1 tsp. cinnamon
1/2 tsp. baking soda
1/2 tsp. salt
1/4 tsp. nutmeg
1 c. chopped walnuts

Vanilla Frosting:

1 (3 oz.) pkg. cream cheese
1/3 c. margarine
1 tsp. vanilla
3 c. sifted confectioners sugar

Cream margarine and sugar until light and fluffy. Blend in pumpkin and eggs. Add combined dry ingredients, mixing well. Stir in nuts. Spread into a greased and floured 15 1/2 x 10 1/2-inch jelly roll pan. Bake at 350° for 30 to 35 minutes until toothpick in center comes out clean. Cool.

Frost with Vanilla Frosting: Combine softened cream cheese with margarine and vanilla, mixing until well blended. Gradually add sugar, mixing well after each addition. Cut into bars for serving. Makes 24.

Patti Gasco

PUMPKIN PIE BARS

Crust:

1 c. flour
1/2 c. brown sugar
1/2 c. oleo, softened
1/2 c. quick oatmeal

Filling:

1 (16 oz.) can pumpkin
2 eggs
3/4 c. sugar
1/2 tsp. salt
1/2 tsp. ginger
1/4 tsp. cloves
1/4 tsp. nutmeg
1 tsp. cinnamon
1 large can evaporated milk

Mix crust ingredients until crumbly and press into bottom of 9 x 13-inch pan. Bake at 350° for 15 minutes. Combine all filling ingredients then pour into the baked crust and put in oven at 350° to bake for another 20 minutes.

Meanwhile, mix topping:

1/2 c. chopped pecans
1/2 c. brown sugar
2 Tbsp. soft oleo

Take baked mixture out of oven and sprinkle topping mixture evenly over top. Return to oven and continue baking 15 to 20 minutes until filling is set. Cool; cut into squares. Serve with Cool Whip or whipped cream.

Jacqualyn Brandon

* * * * *

My favorite things about kindergarten are the letter books, recess, and parties. I also like to play with our guinea pigs, Buttons and Frosty.

Daniel Flynn

CHERRY CHEESECAKE BARS

Crust:

1 c. walnuts
1 1/4 c. flour
1/2 c. firmly packed brown sugar
1/2 c. butter or margarine
1/2 c. coconut

Filling:

2 (8 oz.) pkg. cream cheese, softened
2/3 c. sugar
2 eggs
2 tsp. vanilla
1 (21 oz.) can cherry pie filling

Heat oven to 350°. Grease 13 x 9 x 2-inch pan. Chop 1/2 cup nuts coarsely for topping. Set aside. Chop remaining 1/2 cup nuts finely.

Crust: Combine flour and brown sugar. Cut in butter until fine crumbs form. Add 1/2 cup finely chopped nuts and coconut. Mix well. Remove 1/2 cup; set aside. Press remaining crumbs in bottom of pan. Bake at 350° for 12 to 15 minutes, until edges are light brown.

Filling: Beat cheese, sugar, eggs and vanilla in small bowl at medium speed until smooth. Spread over hot crust. Return to oven. Bake 15 minutes longer. Spread cherry filling over cheese layer. Combine reserved nuts and reserved crumbs. Sprinkle evenly over cherry layers. Return to oven. Bake 15 minutes longer. Cool. Refrigerate several hours. Cut into bars (2 x 1 1/2-inches).

Karen Ortiz

RICE KRISPIE BARS

1 c. sugar
1 c. white corn syrup
1 c. peanut butter
5 c. Rice Krispies
3/4 c. chocolate chips
3/4 c. butterscotch chips

Stir together sugar, corn syrup and peanut butter in large saucepan. Cook over medium-high heat for one minute. Stir constantly. Remove from heat. Stir in Rice Krispies cereal. Press in greased 9 x 13-inch pan. Cool. Melt together chocolate and butterscotch chips. Frost.

Carol Viola

CHEWY GRANOLA BARS

4 c. oatmeal
3/4 c. melted butter
1 c. brown sugar
1/2 c. white corn syrup
1 tsp. soda

Mix everything together. Pat into greased and floured pan (9 x 13-inches). Bake at 425° for 8 to 9 minutes. Cool.

Frosting: Combine one 6 ounce package chocolate chips, melted and 1/2 cup peanut butter.

Carol Viola

BUSTER BARS

1 lb. Oreo cookies, crushed
1/2 c. butter, melted
1/2 gal. or more ice cream
1 1/2 c. Spanish peanuts
fudge or caramel sauce

Mix together cookies and butter. Pat into a 9 x 13-inch pan. Freeze until firm. Cover with 1/2 gallon ice cream; freeze. Cut into squares and serve with nuts and fudge or caramel sauce.

Carol Viola

CHOCOLATE PECAN BARS

1 1/4 c. unsifted flour
1 c. confectioners sugar
1/2 c. Hershey's cocoa
1 c. cold margarine or butter
1 egg
1 (14 oz.) can Eagle Brand sweetened condensed milk (not evaporated milk)
2 tsp. vanilla extract
1 1/2 c. chopped pecans

Preheat oven to 350° (325° for glass dish). In large bowl combine flour, sugar and cocoa. Cut in margarine until crumbly (mixture will be dry). Press firmly on bottom of 13 x 9-inch baking pan. Bake 15 minutes.

Meanwhile, in medium bowl, beat sweetened condensed milk, egg and vanilla; mix well. Stir in nuts. Spread evenly over crust. Bake additional 25 minutes or until lightly browned; cool. Cut into bars. Store covered in refrigerator. Makes 24 to 36 bars.

Sandie Keydeniers

TWIX BARS

1 box Club crackers
1/2 c. margarine
1/2 c. white sugar
1/2 c. brown sugar
1/4 c. milk
1 c. graham crackers, crushed
2/3 c. peanut butter
1/2 c. chocolate chips
1/2 c. butterscotch chips

Line the bottom of a 9 x 13-inch pan with Club crackers; mix in saucepan margarine, white sugar, brown sugar, milk and graham crackers. Boil for 5 minutes or less and pour over bottom layer.

3rd layer = another layer of Club crackers. 4th layer = melted peanut butter, chocolate and butterscotch chips in microwave and spread over 3rd layer.

Bobby Yankosky
Mrs. Elsberry's Room

PEANUT BUTTER BARS

3/4 c. peanut butter
3/4 c. sugar
3/4 c. margarine
3/4 c. brown sugar
1/2 tsp. salt
1 1/2 c. flour
2 eggs
3/4 tsp. soda
1 1/2 c. oats
1 1/2 tsp. vanilla

Icing:

1 c. powdered sugar
3/4 c. peanut butter
1/2 c. margarine
1/4 c. evaporated milk

Cream together first 4 ingredients. Add remaining ingredients except for icing ingredients. Mix well; press in ungreased 11 x 15-inch cookie sheet. Bake at 325° for 15 minutes. Do not overbake. Remove from oven. Sprinkle immediately with 6 ounces chocolate chips. When these melt, spread. Mix icing ingredients. Frost when cool.

Barb Wilson

COWBOY BARS

1 c. butter/margarine
1 c. sugar
1 c. brown sugar
2 eggs
1 3/4 c. flour
1 tsp. baking soda
1/2 tsp. salt
1/2 tsp. baking powder
2 c. rolled oats
1 tsp. vanilla
2 c. chocolate pieces
1 c. chopped walnuts (optional)

Cream butter or margarine with both white and brown sugar. Add eggs and beat until fluffy. Combine flour, baking soda, salt and baking powder. Gradually add to butter mixture. Add vanilla and rolled oats. Beat until well mixed. Stir in chocolate pieces/nuts. Spread mixture evenly on 11 x 17-inch greased baking sheet. Bake 20 minutes at 325°. Cut into 1 1/2-inch squares.

Virginia Monroe

CHEWY CALCIUM BARS

1/2 c. shortening
1 1/4 c. brown sugar, firmly packed
2 eggs (unbeaten)
1 tsp. maple flavoring
3/4 c. flour
1/2 tsp. baking powder
1/4 tsp. salt
1/4 tsp. soda
1 c. dry milk
1/2 c. chopped nuts

Cream shortening and sugar. Add eggs and flavoring; mix well. Add dry ingredients: flour, salt, baking powder and soda. Stir dry milk and nuts by hand. Bake in a greased 11 x 7 x 1 1/2-inch pan at 325° about 30 minutes. Cut while warm and roll in powdered sugar.

Linda Nichols

CHOCOLATE SURPRISE SQUARES

1 (12 oz.) pkg. chocolate bits
1 (12 oz.) pkg. butterscotch chips
4 oz. Spanish peanuts
1 (3 oz.) can chow mein noodles

Place chips in a glass bowl and microwave for 4 minutes until melted, stirring until smooth. Stir in peanuts and noodles; pour into buttered 8 x 8-inch glass dish. Cool until hardened and cut into squares. Makes 24 squares.

Carol Lawrence

PANOCHA SQUARES

1/4 c. oleo
1 c. brown sugar
1 egg
1/2 tsp. vanilla
3/4 c. walnuts, chopped
1 c. flour
1 tsp. baking powder
1/4 tsp. salt
1 c. semi-sweet chocolate chips

Melt oleo. While still hot add the sugar. Add the egg and vanilla. Beat until mixture is fluffy. Stir in dry ingredients, then chocolate chips and nuts. Spread evenly into a greased 8 x 8-inch square pan and bake at 350° for 30 minutes or less. Be careful not to bake too long! May use 9 x 9-inch pan and bake for 20 minutes.

Jacqualyn Brandon

DECADENT DELIGHT

1 c. flour
1 c. pecans, finely chopped
1 stick butter
8 oz. cream cheese
1 c. powdered sugar
8 oz. Cool Whip
1 small pkg. each: French vanilla and chocolate pudding
3 c. cold milk
8 oz. Cool Whip
chocolate bar (optional)

For first layer, mix together flour, pecans and butter. It will be crumbly. Press in bottom of a 9 x 13-inch baking dish and bake at 350° for 20 to 30 minutes or until brown. Watch closely as it burns easily.

For second layer, cream cheese and powdered sugar together in the mixer. Fold in Cool Whip. Spread over cooled crust, careful not to pull crust.

For third layer, mix (no need to wash mixing bowl) together the puddings and milk about 2 minutes. Don't let it get too thick. Spread over cream cheese layer. Spread Cool Whip on top and decorate with shavings of chocolate bar, if desired.

Sara Howard Hemati

CREME DE MENTHE BROWNIES

#1:

1 c. sugar
4 eggs, beaten
1/2 tsp. salt
1 c flour
1 (16 oz.) can chocolate syrup
1/2 c. butter, softened

#2:

1/2 c. butter, softened
2 c. powdered sugar
2 to 3 Tbsp. creme de menthe

#3:

1 c. semi-sweet chocolate chips
6 Tbsp. butter

Combine all ingredients under list #1. Pour into greased and floured 9 x 13-inch pan. Bake at 350° for 30 minutes. Cool.

Cream together list #2 until light and fluffy. Spread over cooled brownies.

Melt chocolate chips and butter together (list #3). Cool and spread over minty layer. Cool in refrigerator, then cut into squares. Yield: 2 dozen.

Lynda Shirk

CHOCOLATE CHIP CREAM CHEESE BROWNIES

2 rolls Pillsbury chocolate chip cookie dough
2 (8 oz.) pkg. cream cheese
2 eggs
1 c. sugar
1 tsp. vanilla

Freeze dough. After fairly hard, slice 1 roll of cookie dough (about 1/4-inch slices). Press into bottom of ungreased 13 x 9-inch pan, completely covering bottom of pan. Mix in bowl softened cream cheese, eggs, sugar and vanilla. Pour over pressed cookie dough. Slice the other roll of dough and cover the top of cream cheese mixture. Bake 25 to 30 minutes in 350° oven. Let stand until cool. Finish cooling in refrigerator, then slice like brownies. Makes 24.

Vicki Kuyper

CARAMEL BROWNIES

1 can evaporated milk
1 box caramels (about 50)
1 box German chocolate cake mix
1 c. chopped pecans
1/2 c. butter or margarine, melted
1 (6 oz.) bag chocolate chips

Heat oven to 350°. Put cake mix and 1/3 cup evaporated milk in bowl; mix together. Add nuts and melted butter. Melt caramels and 1/3 cup evaporated milk together. Take 1/2 of cake mix mixture and spread in bottom of 13 x 9-inch pan; bake for 6 minutes.

Pour chocolate chips on top of it when you pull it out of oven. Pour caramel mixture on top of chips. Spoon the remaining 1/2 of cake mixture on top of the caramel then put it back into the oven. Bake for 15 to 18 minutes. A big hit at the teachers' luncheon!

Kyle Fernandez's Mom

FUDGE CARAMEL BROWNIES

1 (21 1/2 oz.) fudge brownie mix
20 caramels
3 Tbsp. milk
1/2 c. semi-sweet chocolate chips
1/2 c. chopped pecans

Prepare brownie mix according to package directions and bake. Melt caramels with milk. Stir until smooth. Immediately after removing brownies from oven, sprinkle with chips and nuts. Drizzle with caramel. Cool completely before cutting.

Carol Viola

FROZEN YOGURT PIE

1 c. canned pie filling (blueberry, cherry, peach, etc.)
1 (9-inch) baked pie shell (regular or graham crust)
1 (8 oz.) Cool Whip
8 oz. carton yogurt (blueberry, cherry, peach, etc.)

Mix Cool Whip, yogurt and pie filling. Put in baked, cooled shell. Freeze until ready to serve. (Blueberry makes a pretty purple pie!)

Colette Loer

CHOCOLATE MOUSSE PIE

Crust:

3 c. chocolate wafer crumbs
1/2 c. unsalted butter, melted

Filling:

1 lb. semi-sweet chocolate
2 eggs
4 egg yolks
2 c. whipping cream
6 Tbsp. powdered sugar
4 egg whites (room temperature)

Crust: Combine crumbs and butter. Press on bottom and up sides of 10-inch spring-form pan. Refrigerate 30 minutes or chill in freezer.

Filling: Soften chocolate in top of double boiler over simmering water (or melt in microwave). Cool to lukewarm. Add whole eggs and mix well. Add yolks and mix until thoroughly blended. Whip cream with sugar until soft peaks form. Beat egg whites until stiff, but not dry. Stir a little of the cream and whites into chocolate mixture to lighten. Fold in remaining cream and whites until completely incorporated. Turn into crust and chill at least 6 hours or overnight. Garnish with chocolate leaves and more cream, whipped, if desired.

Janice Price

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Dr. Jackson and Ms. Steed are the best anyone would want. They have made our school enjoyable.

Nichole Root

ZUCCHINI PIE

4 c. or more zucchini, peeled and sliced
1 c. sugar
2 tsp. cinnamon
1/4 c. lemon juice
1/4 c. cornstarch
1 (9-inch) unbaked pie shell

Topping:

3/4 c. flour
1/4 c. brown sugar
1/2 c. butter

Cook zucchini, sugar, lemon juice and cinnamon until zucchini is tender. Add cornstarch and put into unbaked pie shell. Mix topping ingredients together and pour over filling. Bake at 350° for 40 to 45 minutes. (Tastes just like apple pie.)

Cathy Gruber

RIBBON FANTASY FUDGE

3 c. sugar
3/4 c. Parkay margarine
2/3 c. (5 1/2 fluid oz. can) evaporated milk
6 oz. pkg. semi-sweet chocolate pieces
7 oz. jar Kraft marshmallow cream
1 tsp. vanilla
1/2 c. peanut butter (crunchy or cream style)

Combine 1 1/2 cups sugar, 6 tablespoons margarine and 1/2 cup milk in 1 1/2 quart saucepan; bring to rolling boil, stirring constantly. Continue boiling 4 minutes over medium heat, stirring constantly to prevent scorching. Remove from heat; stir in chocolate pieces until melted. Add 1 cup (1/2 jar) marshmallow cream and 1/2 teaspoon vanilla; beat until well blended. Pour into greased 13 x 9-inch pan. Repeat with remaining ingredients, substituting peanut butter for chocolate pieces. Spread over chocolate layer. Cool at room temperature. Cut into squares. Makes 3 pounds.

Sandi Dye

APPLE CRISP

1 c. oatmeal
1 c. brown sugar
1/2 c. flour
2 tsp. cinnamon
1 stick butter
6 apples

Cut up apples in big slices and put in baking bowl. Top with ingredients and bake at 350° for 45 minutes.

Sherry Helmer

MICROWAVE CARAMEL CORN

1 c. margarine
2 c. brown sugar
3/4 c. light corn syrup
3/4 tsp. baking soda
3/4 tsp. baking powder
1/4 to 1/2 tsp. salt (optional)
1/2 tsp. vanilla (optional)
popcorn

Place margarine, brown sugar and corn syrup in a large bowl. Microwave on High until mixture reaches a full rolling boil; boil 5 minutes. Remove from oven.

In a separate bowl mix together baking soda, baking powder and salt. Add to margarine mixture. Add vanilla, if desired, and stir. Pour over 7 quarts (28 cups) of popped corn; stir to coat well. (Use a large roasting pan.) Bake at 225° for 45 minutes, stirring every 15 minutes.

Rick Koon

CARAMEL CORN

6 qt. popped corn
1/2 tsp. salt
1 c. butter
2 c. brown sugar
1/2 c. dark Karo syrup
1/2 tsp. soda (baking)

Mix together salt, butter, brown sugar and syrup. Boil for 5 minutes. Mix in baking soda (mixture will bubble up, so be sure to use a large saucepan). Pour over popped corn in a large container and bake in slow oven at 200° to 250° for 1 hour. Stir every 15 minutes to prevent sticking.

Brenda Liemandt

FRUIT PIZZA

Duncan Hines Deluxe sugar cookie mix
1 (8 oz.) cream cheese
1/2 c. powdered sugar
1 tsp. lemon juice
any kind of fruit (kiwi, grapes, strawberries, pineapple, mandarin oranges)

Glaze:

1 c. apple juice
1/2 c. sugar
1 1/2 Tbsp. cornstarch

Bake cookie mix in 12-inch pizza pan for 10 minutes at 350°. Cream the cream cheese, powdered sugar and lemon juice. Spread this mixture on crust when crust is cool. Put fruit in circle.

Glaze: Bring to boil, stirring constantly. Cool and pour evenly on pizza. (Place glaze on after all the fruit has been placed on pizza.) Enjoy.

Dianna St. Vincent

FRUIT PIZZA

2 (8 oz.) soft cream cheese
2 bananas
1/2 c. sugar
1 tsp. vanilla
Pillsbury sugar cookie dough
1 medium size can mandarin oranges
1 medium size can pineapple chunks
2 small boxes frozen strawberries, packed in sugar

Spread cookie dough on pizza pan. Bake for approximately 10 to 15 minutes or until golden brown; cool.

Mix cream cheese, sugar and vanilla; spread over cookie dough. Place pineapple, oranges and strawberries over cream cheese, putting aside juice from pineapple and strawberries. Heat juice over medium heat, adding 1 to 2 tablespoons of cornstarch with water to thicken. Pour over fruit; cool. Slice bananas and dip into 7-Up or lemon juice (to prevent from turning brown) and place on top.

Anita Henderson

PRETZEL SALAD

1st Layer:

2 c. crushed pretzels
3/4 c. melted oleo
3 tsp. sugar

2nd Layer:

8 oz. cream cheese
1 c. sugar
1 medium Cool Whip

3rd Layer:

1 large box strawberry jello
2 (10 oz.) pkg. frozen strawberries
2 c. boiling water
1 small Cool Whip

1st Layer: Mix together ingredients and press into 9 x 13-inch pan. Bake at 350° for 8 minutes. Cool. This layer can be made a day before or at least 6 hours ahead.

2nd Layer: Using mixer, beat together ingredients except Cool Whip which gets folded in by hand. Spread over pretzel layer.

3rd Layer: Stir boiling water and jello until dissolved. Add strawberries and stir until well mixed. Let cool 10 to 15 minutes before pouring over cream cheese. Refrigerate. Top with Cool Whip just before serving.

Linda Harrison

BAKED PINEAPPLE

2 eggs
1/4 c. sugar
1 stick butter
5 slices bread
1 (20 oz.) can crushed pineapple (undrained)

Beat eggs and sugar together. Add pineapple and mix well. Place in a 9-inch pie plate. Melt butter in skillet and add bread that has been cut into cubes. Cook until cubes are browned. Place bread over pineapple mixture and bake 20 minutes at 375°. Good served with ham or pork.

Sherry Phipps

WHITE STUFF

1 graham cracker pie crust
8 oz. lite cream cheese
3/4 c. sugar
15 1/4 oz. can crushed pineapple
1 c. chopped pecans
8 oz. Cool Whip

Set out cream cheese to soften. When cream cheese is soft, add sugar and blend until smooth and creamy. Drain off juice from crushed pineapple. Add pineapple, pecans and Cool Whip. Mix well and pour into graham cracker crust. Let stand in refrigerator for several hours to set.

Debbie Rhodes

PUMPKIN AND CHEESE ROLL-UP

3/4 c. sifted flour
1 tsp. baking powder
2 tsp. ground cinnamon
1 tsp. pumpkin pie spice
1/2 tsp. ground nutmeg
1/2 tsp. salt
3 eggs, slightly beaten
1 c. sugar
2/3 c. canned solid pack pumpkin
1 c. chopped walnuts
1 c. confectioners sugar
1 (8 oz.) pkg. softened cream cheese
6 Tbsp. butter
1 tsp. vanilla

Preheat oven to 375°. Grease jelly roll pan. Line with wax paper. Grease and flour wax paper. Sift flour, baking powder, spices and salt. Beat eggs and sugar in large bowl until thick and fluffy. Beat in pumpkin. Stir in sifted dry ingredients all at once. Pour into prepared pan. Spread evenly. Sprinkle with nuts. Bake 15 minutes at 375°. Loosen edges; invert onto damp towel. Dust with confectioners sugar. Trim 1/4-inch from all sides. Roll up cake and towel from short end. Cool.

Unroll cake; spread with cream cheese filling. Re-roll. Refrigerate.

Filling: Beat cream cheese, confectioners sugar, butter and vanilla together until smooth.

Elizabeth Lueth

CREAM PUFFS

1 stick margarine
1 c. water
1 c. flour
4 eggs

Filling:

1 large pkg. vanilla pudding (I prefer the cooked kind)

Topping:

1 (6 oz.) pkg. semi-sweet chocolate chips
1 Tbsp. shortening

Melt margarine in the water and bring to a boil. Add 1 cup flour and stir quickly until it balls up. Remove from heat. Add eggs, one at a time, beating well after each one. Form into balls on ungreased cookie sheet. Bake at 400° for 15 minutes, then at 350° for about 20 minutes. Cool and fill with prepared pudding that has been cooled. Melt chocolate chips and shortening in double boiler and spoon on top.

Oven time is for 12 large size balls. Reduce time to 10 minutes and 15 minutes for 24 medium balls.

Chris Wilkinson

DATE PINWHEELS

1/2 lb. dates
1/4 c. water
1/4 c. sugar
1 tsp. lemon juice
1/2 c. chopped nuts
1/2 c. shortening
1 c. brown sugar
1 c. white sugar
2 eggs, well beaten
1 tsp. vanilla
2 1/2 to 3 c. flour
1/2 tsp. salt
1 tsp. soda
1 tsp. cream of tartar

Cook dates, water and sugar in saucepan until melted. Remove from heat and add lemon juice and nuts. Cream shortening and sugar. Add eggs and vanilla. Mix well. Add dry ingredients. Mix well.

Chill dough; roll as you would cinnamon rolls 9 x 24-inches, and spread dates. Wrap in tea towel and chill for 2 hours. Slice dough and bake at 350° for 10 minutes.

Sherri Zehner

HARD CANDY

3 3/4 c. sugar
1 1/2 c. light Karo syrup
1 c. water
1 tsp. flavor (oil of ...)
food coloring
powdered sugar

Mix sugar, Karo and water. Stir on medium heat until sugar dissolves. Boil at medium-high to high temperature until temperature reaches 310° on candy thermometer (stir frequently). At 310° remove from heat. Add oil and coloring (stand back as flavoring steam is potent). Pour over a bed of 1/2-inch of powdered sugar which has been leveled on a cookie sheet. As edges cool, cut 3/4-inch strips with scissors and cut each strip into small pieces. Cover with powdered sugar to prevent sticking. Cut quickly!

Brenda Liemandt

SOPAIPILLAS

4 c. sifted flour
1 1/2 tsp. salt
1 tsp. baking powder
1 Tbsp. sugar
1 Tbsp. shortening
1 pkg. active dry yeast
1/4 c. warm water
1 1/4 c. (approximate) scalded milk, cooled
liquid shortening

Combine dry ingredients and cut in shortening. Dissolve yeast in lukewarm water and add to scalded milk. Make a well in center of dry ingredients. Add liquid to dry ingredients and work into dough. Knead dough 15 to 20 times and set aside for approximately 10 minutes. Add liquid shortening to pan and preheat oven to 420°. Roll dough to 1/4-inch thickness. Cut into triangles and fry, basting with hot oil until they puff and brown slightly. Drain on paper towels and serve as bread. Really good stuffed with pinto beans and chili or as dessert with honey.

Sandi Dye

LEMON FLUFF

1 c. Carnation milk
1 3/4 c. boiling water
1/2 c. lemon juice
1 pkg. lemon jello
1 c. sugar
2 1/4 c. crushed vanilla wafers or graham crackers

Set jello until ready to whip. Whip and add sugar and lemon juice. Whip milk in large bowl until stiff. Fold into first mixture. Pour into 9 x 13-inch cake pan lined with crumbs. Some crumbs for top. Chill well.

Holly Swanson

RHUBARB DESSERT

4 c. rhubarb, cut into 1-inch pieces
1 (3 oz.) pkg. raspberry or strawberry jello
3/4 c. white sugar
1 (18 oz.) pkg. white or yellow cake mix
1/2 stick butter, melted
1 c. cold water

Grease a 9 x 13-inch pan. Arrange rhubarb pieces in bottom of pan. Sprinkle dry jello over top. Sprinkle with sugar, then cake mix. Drizzle butter over top, followed by cold water. Bake at 350° for 45 minutes. Serve topped with whipped cream.

Matthew Gruber

SPICE BREAD PUDDING

8 c. stale bread, broken into chunks
1 1/2 qt. milk
2 c. raisins
1 tsp. salt
2 c. sugar
4 tsp. cinnamon
1/2 tsp. ground cloves
2 tsp. nutmeg
4 beaten eggs
3 tsp. vanilla

Mix in order given. Bake in a large Pyrex bowl or casserole set in a pan of hot water (2-inch depth) at 375° for 80 to 90 minutes. Pudding is done when a knife inserted near center comes out clean. Can be served warm or cold. Good with whipped cream or ice cream.

Jennifer Mohl

Billy Hagemann Schmidt 5th

The Magic of Microwaving

The microwave is perfect when you want to prepare meals in advance. There are many times when it is very convenient to prepare a meal in advance and reheat it at serving time. When using the microwave to reheat:

Heat dense foods, like mashed potatoes and baked beans, first, as they retain heat longer than other foods.

To speed heating, cover the dish and stir only occasionally.

Reheat roasts whole and turn several times during heating.

Layer slices of meat on a platter and cover with waxed paper to reheat.

You can use your microwave for split-shift dining with individual plates. To arrange food on the plates:

Place food in a thin layer for faster heating.

For even heating, place slow-to-heat items, like mashed potatoes and meat, around the outside of the plate.

Make a depression in the center of dense foods, like baked beans and mashed potatoes.

Put quick-heating foods, like corn, in the center of the plate.

Arrange irregularly-shaped foods, like turkey legs, with the thickest parts to the outside.

A sauce over meat will keep it from drying out while waiting to be served.

To reheat a prepared plate: Start with a short time and add time, if needed. When the plate's bottom feels warm, foods have heated enough to transfer their warmth to the plate, and the meal is ready to serve.

If you plan on having company for dinner, the entire party menu can be prepared in advance and cooked or reheated in the microwave just at serving time. Also, the microwave and conventional ovens can team up, with each being used to its best advantage.

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MICROWAVE MAC AND CHEESE

(Ryan and Daniel's Favorite)

7 to 8 oz. uncooked macaroni
2 Tbsp. margarine or butter
2 Tbsp. flour
1/2 tsp. salt
1/8 tsp. pepper
1/2 tsp. Worcestershire sauce
1/2 tsp. prepared mustard
1 c. milk
2 c. shredded Cheddar cheese

Prepare macaroni according to package directions; set aside (drain first). Place butter or margarine in 2 quart casserole. Microwave at High for 1 to 1 1/2 minutes, or until butter melts. Stir in flour, salt, pepper, Worcestershire sauce and mustard. Blend in milk. Microwave at Medium-high for 4 to 6 minutes or until thickened, stirring 2 times. Add cheese, stirring until cheese melts. Mix in cooked macaroni. Cover. Microwave at High for 5 minutes.

Kathy Flynn

SMOOTHIES

2 c. milk
1 Tbsp. honey
1/4 tsp. vanilla
1 to 2 frozen bananas or 1 c. any frozen fruit (berries, peaches, or mixture of frozen fruits)

Blend all ingredients in blender and serve at once. Makes 2 adult size or 4 child size drinks.

Colette Loer

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We learned to write and read rhymes. My favorite rhyme was "Mary, Mary, quite contrary, how does your garden grow?"

Steviebrook Wallis

SPAGHETTI ALA CARBONARA

12 oz. thin spaghetti
1/2 lb. bacon
1/2 stick margarine (1/4 c.)
1/4 c. Parmesan cheese
3 eggs, beaten
1/2 tsp. salt
pepper to taste
1 Tbsp. wine or cream for taste (optional)

Chop bacon in small bits and fry in large skillet. Drain grease. Add margarine and melt. Cook spaghetti in boiling water until barely done, but firm, while frying bacon. Drain spaghetti; do not rinse. Put spaghetti in pan with bacon and stir. Add eggs and stir quickly until eggs are cooked. Add cheese, salt and pepper; stir slightly. Add wine or cream, if desired. Serve immediately.

The kids like this better than spaghetti with sauce and it's less messy!

Colette Loer

MEAT LOAVES

2 lb. ground beef
3/4 c. uncooked oatmeal
2 eggs, beaten
1/4 c. chopped onion
1 tsp. salt
1/4 tsp. pepper
1 tsp. Worcestershire sauce
2/3 can (8 oz. size) tomato sauce

Sauce:

1/3 can tomato sauce
1/2 c. water
4 Tbsp. catsup
1 Tbsp. mustard
2 Tbsp. vinegar
2 Tbsp. brown sugar

Combine meat loaf ingredients thoroughly and form into 12 individual loaves. Place in 9 x 12-inch pan. Cover with combined sauce ingredients and bake in 350° oven for 1 hour.

This is a moist meat loaf and the kids routinely ask for it.

Colette Loer

FRUIT PIZZA

Cookie Crust:

1 c. sugar
1/2 c. butter or margarine
2 eggs
2 c. flour
1/2 tsp. salt
1/2 tsp. soda
1/2 tsp. baking powder
1/2 tsp. cinnamon

Filling:

8 oz. softened cream cheese
1 pt. liquid whipping cream, whipped
1/2 c. powdered sugar
1 tsp. vanilla

Cream sugar and butter together, then add eggs. Mix in flour, salt, soda, baking powder and cinnamon. Spread onto greased cookie sheet. (Use plastic wrap over dough if needed to help spread over sheet.) Bake at 375° for 10 minutes.

Cream together filling ingredients and spread on cooled crust. Top with fresh fruit slices or canned fruit such as grapes, strawberries, pineapple, mandarin oranges, bananas, berries, etc.

Colette Loer

PUFF PUFF PANCAKE

(Breakfast)

1/4 c. butter
1/2 c. flour
2 eggs
1/2 c. milk
pinch of cinnamon
powdered sugar

Melt butter in 9-inch pie plate in microwave. In a medium bowl, mix flour, eggs, milk and cinnamon together with a fork (it will be a bit lumpy). Pour over butter in pie plate. Bake at 425° for 17 to 20 minutes until golden brown and puffy. Take out of oven. Sift powdered sugar on top. Serve with maple syrup and/or top with fruit or yogurt.

Priscilla and Chris Cozzens

PEANUT BUTTER CHEWS

1/2 c. sugar
1/2 c. light Karo
1 c. peanut butter
2 c. Rice Krispies

Over medium heat combine sugar and Karo. Cook until sugar is dissolved and just begins to boil. Remove from heat. Add peanut butter and Rice Krispies; stir until mixed well. Drop by teaspoonfuls onto wax paper. Once cool, it is ready to eat. Makes about 2 1/2 dozen.

This is quick, about 15 minutes, and kids of all ages love them. I find myself now doubling the recipe.

Cindy Owens

MATTHEW'S FAVORITE PEACH PIE

3 lb. fresh peaches, peeled and sliced
2 Tbsp. fresh lemon juice
1 c. sugar
1/2 c. unsifted flour
1 tsp. grated lemon peel
1/4 tsp. nutmeg
1 Tbsp. butter
pastry for 9-inch double crust pie

Preheat oven to 400°. Toss peaches with lemon juice. Stir in sugar, flour, lemon peel and nutmeg. Roll half the crust into an 11-inch circle; fit into a 9-inch pie plate. Roll out remaining pastry for top crust. Spoon peach mix into pie shell. Cover with top crust. Trim and crimp edges. Cut a round hole in the top and make leaves out of remaining pastry. Place leaves on top of the hole. Bake for 45 to 50 minutes.

Cathy Karmondy

BLOOPERS

1 pkg. active dry yeast
1 c. warm water
1/4 c. oil
1/4 c. sugar
2 1/2 to 3 c. flour
1 Tbsp. grated lemon rind
oil for frying
sugar

Dissolve yeast in water. Add oil and sugar. Slowly add 1 cup flour and mix. Continue to add flour and knead until soft dough forms. Put in greased bowl and cover until double in size, about 1 hour. Punch down and roll out to 1/4 to 1/2-inch thickness. Use cookie cutters or a knife and cut into shapes. Place on floured cloth and cover to rise, about 30 minutes. Deep fat fry until golden, turning once. Roll in sugar.

Chris Wilkinson

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Frontier is a fun place where we learn a lot. My favorite indoor thing is meeting the letter people. I also love drawing, painting and learning.

Jennifer Bishop

BRITTANY'S FAVORITE PIZZA

Dough:

1 pkg. dry yeast
1 Tbsp. sugar
1 c. (approximate) warm water
3 c. (approximate) flour
1/2 tsp. salt

Topping:

1 to 1 1/2 lb. grated Mozzarella
1/2 c. Parmesan, grated
sausage, pepperoni, olives, mushrooms, etc. (optional)

Sauce:

1 (28 oz.) can tomatoes, cut up or crushed tomatoes
2 cloves garlic, sliced
1/4 c. oil
1 tsp. each: parsley, basil and oregano
1/2 tsp. each: onion powder and garlic powder
salt and pepper to taste

Dissolve yeast with sugar in 1/4 cup of the warm water. Alternately add flour, water and salt. Knead dough 5 minutes, adding more flour or water if necessary until smooth and elastic. Grease bowl. Put in dough and grease top with shortening. Cover and let rise in warm place 1 hour.

While dough rises, make sauce. Lightly brown garlic in hot oil. Carefully add tomatoes and spices. Bring to boil, then reduce heat and simmer, stirring occasionally until dough is ready. Divide dough in half and fill 2 large, greased pizza pans.

Top with sauce, toppings, Mozzarella cheese and Parmesan cheese. Bake in preheated 400° oven for 30 minutes.

Carol Woodruff

FISH FILLETS WITH SEASONED BREAD CRUMBS

1 c. fine dry breadcrumbs
1 tsp. dried savory
1 tsp. marjoram leaves
1/2 tsp. celery salt
1/2 tsp. mace
2 tsp. seasoned salt
2 tsp. paprika
1 tsp. lemon pepper
1/2 tsp. onion powder
1/4 tsp. garlic powder
2 to 3 fillets of fish
evaporated milk (small jar)
oil

Mix all dry ingredients in bowl or blend in food processor. If storing, put in tightly covered container.

Dip fish in bread crumbs, then in evaporated milk, then in crumbs again, pressing to coat all sides evenly. Arrange fillets on greased cookie sheet. Bake 15 minutes at 400°; drizzle with oil. Bake 10 more minutes or until fish flakes easily. Kids like to dip in catsup.

Karen Mertz

LONGMONT SPAGHETTI SAUCE

(They Do Eat This!)

1 lb. Longmont ground turkey
1 medium onion, chopped
2 cloves minced garlic
2 Tbsp. cooking oil
1 (6 oz.) can tomato sauce
1 (6 oz.) can tomato paste
1/2 c. water
1/2 tsp. sweet basil
1 Tbsp. Worcestershire sauce
1 1/2 tsp. oregano
1 tsp. garlic salt
1/4 tsp. cayenne pepper (optional)
1/4 tsp. marjoram
salt and pepper to taste

Brown ground turkey, onions and garlic in oil. Add tomato sauce, tomato paste and spices. Simmer over medium-low heat for 45 minutes to an hour. Serve over cooked spaghetti topped with grated Parmesan or Romano cheese. Makes 4 servings.

Karen Mertz

ZOO FOOD

2 c. animal crackers (Teddy Grahams)
1 c. salted peanuts
1/2 c. M&M's or jelly beans
1/2 c. chopped dates or raisins

Mix all ingredients and store in airtight container or Ziploc bag.

Bonnie Holsinger

STRAWBERRY SALAD SUPREME

1 (6 oz.) pkg. strawberry jello
1 1/2 c. boiling water
2 (10 oz.) pkg. frozen strawberries (undrained)
1 (13 1/2 oz.) can crushed pineapple (undrained)
1/4 tsp. salt
1 (8 oz.) pkg. Philadelphia cream cheese
1/2 c. sour cream

Dissolve jello in boiling water. Add strawberries, pineapple, juice from both and salt. Pour 1/2 of jello mixture in mold and refrigerate until set. Beat cream cheese into sour cream. Spread cream cheese mixture on top of molded jello after it is set. Pour remaining jello on top of cheese mixture. Refrigerate until set.

Sara Howard Hemati

GROUND BEEF 'N TATER CASSEROLE

1 lb. ground beef
1 can green beans, drained
1 can tomato soup
1/4 c. water
1/2 tsp. salt
1/8 tsp. black pepper
2 c. mashed potatoes
1 can French fried onions
1/2 c. Cheddar cheese, shredded

Brown beef in skillet; drain. Combine beef, green beans, soup, water, salt and pepper. Pour into 2 quart casserole. Combine mashed potatoes and 1/2 can French fried onions. Spoon potato mixture in a mounded ring around top outer edge of casserole. Bake, uncovered, at 350° for 25 minutes. Top with cheese and remaining onions. Bake 5 minutes longer. Makes 6 servings.

Kerma Martin

BUSY MOM, HAPPY KID, MEATLESS LASAGNA

1 (8 oz.) pkg. lasagna noodles
1 (8 oz.) pkg. Mozzarella cheese slices (at least 4 slices)
1 carton Ricotta or cottage cheese (12 to 16 oz.)
1 medium size jar spaghetti sauce (about 24 oz.)

Cook lasagna noodles according to package directions. Drain and rinse in cold water. Spray an 8 or 9-inch square baking dish with vegetable oil spray. Layer ingredients in following order: 1/2 noodles, 1/2 spaghetti sauce, 1/2 Ricotta or cottage cheese, 1/2 Mozzarella cheese slices. Repeat layers in order. Bake at 350° for 30 minutes; let stand 10 minutes before serving. Serves 4 to 6.

Deborah Gleason

THE BEST CHICKEN

(Named by my son, who loves Mom's chicken!)

6 boneless chicken breasts
1/4 c. flour, seasoned with salt and pepper
3 Tbsp. olive oil
2 Tbsp. butter or margarine
2 cloves garlic, minced

Heat olive oil and butter until hot. Add garlic and saute lightly. Meanwhile, dredge chicken in flour mixture. Add chicken to hot oil and butter mixture. Let chicken turn golden, completely, before turning and then cook other side. Do not turn more than once or batter will not stick to chicken. Enjoy!!

Donna Damphousse

* * * * *

I am a Frontier orginal and I think that it is a wonderful school. Frontier makes me happy to go to school.

Sammi Lopez

MOM'S MACARONI AND CHEESE

1 lb. cooked macaroni
2 Tbsp. butter
2 Tbsp. flour
2 1/2 c. milk*
1 tsp. dry mustard
1/2 tsp. paprika
pepper to taste
2 c. grated Cheddar cheese
corn flakes

In saucepan, melt butter. Gradually add flour, milk, dry mustard, paprika and pepper. When warm, add Cheddar cheese. Pour milk mixture over cooked macaroni (place macaroni in casserole dish prior to pouring milk mixture over it). Sprinkle with corn flakes over top. Bake at 350° for 35 to 40 minutes.

*May need to add a little more milk if you like it a little creamier!!

Donna Damphousse

BUBBLES

1 gal. water
1/2 c. Joy dishwashing liquid
1/4 c. glycerin

Mix and enjoy.

Sherry Helmer

PARTY-TIME! (APPETIZERS, PUNCHES)

COUNTDOWN COOLER..... 1
ORANGE JULIUS..... 1
SPICED COCOA..... 1
PARTY PUNCH..... 2
MEXICAN LAYERED DIP..... 2
MICROWAVE CRAB DIP..... 2
FIESTA DIP..... 3
HOT BEAN DIP..... 3
CREAMY SPINACH DIP..... 3
HOT CRAB DIP..... 3
GUACAMOLE..... 4
CHIPPED BEEF DIP..... 4
MOM'S LAYER DIP..... 4
HOT CRAB DIP..... 5
CHEESE AND HAM BALLS..... 5
BUFFET MEAT BALLS..... 5
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SAUCY CHESTNUTS..... 6
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"Little Known"
HOUSEHOLD HINTS
. . . that even your Grandmother probably didn't know!

GENERAL

- Rubbing alcohol will remove ball-point pen ink marks.
- Candles chilled for 24 hours in refrigerator will burn longer and not drip.
- Baking soda on a damp cloth will remove grime and grease from glass on oven door.
- Window cleaner will clean and polish exterior of appliances — stove, refrigerator — also small appliances, taps, etc.
- Mixture of half salt and half hot vinegar rubbed on brass will clean and polish.
- To re-smooth Teflon pans, boil for 5 to 10 minutes in the pan, a mixture of 1 cup water, 2 tablespoons baking soda, 1/2 cup liquid bleach. Wash in suds and rinse thoroughly. Then before using, wipe the surface with salad oil.
- To remove gum from hair, rub a plain chocolate bar in hair — then wash.
- A cloth wrung out of a solution of 1 tablespoon cornstarch dissolved in one quart of water, will make windows and mirrors sparkle.
- Cold tea, coffee grounds, or egg shells make a good fertilizer for house plants and act as insecticides, too.
- Try waxing your ashtrays. Ashes won't cling, odors won't linger and they can be wiped clean with a paper towel or disposable tissue. This saves daily washing.
- Stamp a few moth balls into the ground near flower beds to keep dogs away.

continued

...and more "Little Known" HOUSEHOLD HINTS

- To save mess in making bread or graham cracker crumbs, place in plastic bag and roll with rolling pin.
- Add a little salad oil in when you cook macaroni or spaghetti and it will not boil over or stick.

VINEGAR

- A bowl of vinegar placed in a stuffy or smokey room will absorb tobacco smoke or the smell of paint, and keep the air fresh.

MILK

- Rinse pan with cold water before heating milk in it to prevent scorching and make cleaning easier.
- To make sour milk from sweet milk, add 1 tablespoon vinegar or lemon juice to 1 cup sweet milk.

PIES

- When baking fruit pies, cut holes in the upper crust with a thimble, place crust on pie. The holes will become larger, then place the little round circles back in place. Makes pies very decorative and serves for the steam and juice openings.
- Make your two-crust pies the night before you need them. Put in refrigerator overnight. In the morning take from refrigerator. Let pie warm to room temperature, if in glassware, so the glass won't break. Bake as usual.

- Put cream or milk on top of two-crust pies for a nice brown pie.
- Put a layer of marshmallows in the bottom of a pumpkin pie, then add the filling. You will have a nice topping as the marshmallows will come to the top.
- Cut drinking straws into short lengths and insert through slits in pie crusts to prevent juice from running over in the oven and permit steam to escape.

ABBREVIATIONS COMMONLY USED

tsp. - teaspoon
Tbsp. - tablespoon
c. - cup
pt. - pint
qt. - quart
pk. - peck
bu. - bushel
oz. - ounce or ounces
lb. - pound or pounds
sq. - square
min. - minute or minutes
hr. - hour or hours
mod. - moderate or moderately
doz. - dozen

SIMPLIFIED MEASURES

dash - less than 1/8 teaspoon
3 teaspoons - 1 tablespoon
16 tablespoons - 1 cup
1 cup - 1/2 pint
2 cups -1 pint
2 pints (4 cups) - 1 quart
4 quarts (liquid) - 1 gallon
8 quarts (solid) - 1 peck
4 pecks - 1 bushel
16 ounces - 1 pound

If you want to measure part-cups by the tablespoon, remember:

4 tablespoons -1/4 cup
5 1/3 tablespoons - 1/3 cup
8 tablespoons - 1/2 cup
10 2/3 tablespoons - 2/3 cup
12 tablespoons -3/4 cup
14 tablespoons - 7/8 cup

OVEN TEMPERATURES

Slow	250 to 300 Degrees
Slow moderate	325
Moderate	350
Quick moderate	375
Moderately hot	400
Hot	425 to 450
Very Hot	475 to 500

CONTENTS OF CANS

Of the different sizes of cans used by commercial canners, the most common are:

Size	Average Contents
8 oz.	1 cup
picnic	1 1/4 cups
#300	1 3/4 cups
No. 1 tall	2 cups
No. 303	2 cups
No. 2	2 1/2 cups
No. 2 1/2	3 1/2 cups
No. 3	4 cups
No. 10	12 to 13 cups

TERMS
Used in Cooking

APPETIZER	A small serving of food served before or as the first course of a meal.
ASPIC	A transparent jelly, usually meat, which has been boiled down to become firm when cold.
BATTER	A mixture of flour or liquid that can be beaten or stirred.
BISQUE	A rich thick cream soup made from fish.
BLANCH	To place fruits or nuts in boiling water to remove skins, also to dip vegetables in boiling water in preparation for freezing, canning or drying.
BOUILLABAISE	A chowder made from several varieties of fish and wine.
BOUILLON	Clear soup made from lean beef or chicken.
BRAISE	To brown meat or vegetables in hot fat, then to cook slowly in small amount of liquid.
CARAMEL	Burnt sugar syrup used for coloring and flavoring. Also a chewy candy.
CHICORY	A plant root that is cut into slices, dried and roasted into coffee. The plant leaves are used for salad and sometimes call curly endive.
CIDER	The juice from pressed apples used as a beverage or to make vinegar.
CLARIFY	To make a liquid clear by adding beaten egg white and egg shells. The egg coagulates in hot liquid and cloudiness adheres to it. The liquid is then strained.
COBBLER	A fruit pie with a rich biscuit dough made in a deep-dish.
COCKTAIL	An appetizer served before or as the first course of a meal. An alcoholic beverage served before the dinner; or cut shellfish with tart sauce served at the start of a meal.
CRACKLINGS	Crisp particles left after fat has been fried out.

CROQUETTES	Chopped meat held together by eggs, shaped and dipped into crumbs, then fried.
DOUGH	A mixture of flour and liquid that is stiff enough to be kneaded.
DRIPPINGS	Liquids resulting from meat being cooked.
ENTREE	The main course of a meal.
FONDUE	A dish made of cheese, eggs, etc.
FRITTERS	Vegetables or fruit covered with batter then fried in deep fat.
FROSTING	A sugar that has been cooked and used to cover cakes, and other foods.
GIBLETS	The liver, gizzard or heart of poultry.
GINGER	An aromatic, pungent root sold fresh, dried or ground. May be used in pickles, preserves, cakes, cookies, puddings, soups, pot roasts.
GLACE	Ice or glossed over. Meats are glazed by covering with concentrated stocks or jellies.
GRATE	Cut into tiny particles, using small holes of grater
HORS d'OEUVRES	Tart, salty or crisp foods served as appetizers.
INFUSION	Liquid extracted from tea, herbs or coffee.
JULIENNE	Cut in fine strips or strings.
KNEAD	To place dough on flat surface and work it, pressing down with knuckles, then fold over, repeating several times.
LEGUMES	The seeds of certain plants, as peas, beans, peanuts, and lentils.
MACEDOINE	A mixture of fruits or vegetables.
MARJORAM	May be used both green and dry for flavoring soups and ragouts, and in stuffing for all meats and fish.
MARINATE	Let food stand in liquid that will add flavor or tenderize.
MINCE	To cut foods in very fine pieces.
MORNAY	A white sauce containing cheese.
OREGANO	Whole or ground, strong aromatic odor, used with tomato sauces, pizza and veal dishes.
SHRED	Cut into thin pieces, using large holes of grater or shredder (cheese).

PARE	Cut off outer covering with a knife or other sharp tool (potatoes, apples).
PEEL	Strip off outer covering (oranges).
PIQUANT	A sharp sauce.
SCALD	Heat milk to just below the boiling point. Tiny bubbles form at edge.
SIMMER	Cook in liquid just below the boiling point. Bubbles form slowly and collapse below the surface.
TARRAGON	Leaves have a hot, pungent taste. Valuable to use in all salads and sauces. Used to flavor vinegar.

FOOD PROCESSES

BAKE	To cook by dry heat, usually in an oven.
BARBECUE	To roast or broil whole, as a hog, fowl, etc. Usually done in a revolving frame over coals or upright in front of coals. To cook thin slices of meat in a highly seasoned vinegar sauce.
BOIL	To cook in liquid, usually water, in which large bubbles rise rapidly and continually so that all the liquid is agitated.
BOILING POINT	The temperature reached when a mixture maintains a full bubbling motion on its surface.
BREW	To cook in hot liquid until flavor is extracted.
BROIL	To cook by exposing the food directly to the heat.
BRAISE	To cook meat by searing in fat, then simmering in a covered dish in small amount of moisture.
CANDY	To conserve or preserve by boiling with sugar. To incrust or coat with sugar.
COATSPOON	When a mixture forms a thin even film on the spoon.
CODDLE	To cook slowly and gently in a liquid just below the boiling point.
CREAM	To beat until soft and fluffy. Usually applied to shortening and sugar.
CUBE	To cut in even sized pieces.
CUT	To divide foods with a knife or scissors.
DICE	To cut into small cubes.
DISSOLVE	To pass into solution.
FOLD	To combine, using a motion beginning vertically down through the mixture, continuing across the bottom of the bowl and ending with an upward and over motion.

CALORIE COUNTER

CANDIES, SNACKS AND NUTS

		Calories
Almonds (salted)	12 to 15	93
Cashews	6 to 8	88
Chocolate Bar (nut)	2 ounce bar	340
Coconut (Shredded)	1 cup	344
English Toffee	1 piece	25
Fudge	1 ounce	115
Mints	5 very small	50
Peanuts (salted)	1 ounce	190
Peanuts (roasted)	1 cup	800
Pecans	6	104
Popcorn (plain)	1 cup	54
Potato Chips	10 medium chips	115
Pretzels	10 small sticks	35
Walnuts	8 to 10	100

DAIRY PRODUCTS

American Cheese	1 cube, 1 1/8 inch	100
Butter or Oleomargarine	1 level Tbsp.	100
Cheese (blue, cheddar, cream, Swiss)	1 ounce	105
Cottage Cheese (uncreamed)	1 ounce	25
Cream, light	1 Tbsp.	30
Cream, whipped	1 Tbsp.	25
Egg White	1	15
Egg Yolk	1	61
Eggs (boiled or poached)	2	160
Eggs (scrambled)	2	220
Egg (fried)	1 medium	110
Yogurt (flavored)	4 ounces	60

DESSERTS

Cakes;		
Angel Food Cake	2" piece	110
Cheese Cake	2" piece	200
Chocolate Cake, iced	2" piece	445
Fruit Cake	2" piece	115
Pound Cake	1 ounce piece	140
Sponge Cake	2" piece	120
Shortcake with fruit	1 ave. slice	300
Cupcake, iced	1	185
Cupcake, plain	1	145
Pudding:		
Bread Pudding	½ cup	150
Flavored Puddings	½ cup	140
Pies:		
Apple	1 piece	331
Blueberry	1 piece	290
Cherry	1 piece	355
Custard	1 piece	280
Lemon Meringue	1 piece	305
Peach	1 piece	280

CALORIE COUNTER

DESSERTS (cont.)

		Calories
Pumpkin	1 piece	265
Rhubarb	1 piece	265
Ice Cream:		
Chocolate Ice Cream	½ cup	200
Vanilla Ice Cream	½ cup	150
Miscellaneous:		
Chocolate Eclair, custard	1 small	250
Cookies, assorted	1, 3-inch dia.	120
Cream Puff	1	296
Jello, all flavors	½ cup	78

BEVERAGES AND JUICES

Beer	1 bottle, 12 oz.	185
Chocolate Malted	8 ounces	450
Cocoa (all milk)	8 ounces	235
Cocoa (milk & water)	8 ounces	140
Coffee (black/unsw.)		0

BREADS AND FLOUR FOODS

Baking Powder Biscuits	1 large or 2 sm.	129
Bran Muffin	1 medium	106
Corn Bread	1 small square	130
Dumplings	1 medium	70
Enriched White Bread	1 slice	60
French Bread	1 small slice	54
French Toast	1 slice	135
Macaroni and Cheese	1 cup	475
Melba Toast	1 slice	25
Noodles cooked	1 cup	200
Pancakes (wheat)	1, 4-inch	60
Raisin Bread	1 slice	80
Rye Bread	1 slice	71
Saltines	1	17
Soda Crackers	1	23
Waffles	1	216
Whole Wheat Bread	1 slice	55

BREAKFAST CEREALS

Corn Flakes	1 cup	96
Cream of Wheat	1 cup	120
Oatmeal	1 cup	148
Rice Flakes	1 cup	105
Shredded Wheat	1 biscuit	100
Sugar Krisps	¾ cup	110

FISH AND FOWL

Bass	4 ounces	105
Brook Trout	4 ounces	130
Crabmeat (canned)	3 ounces	85
Fish Sticks	5 sticks or 4 oz.	200
Haddock (baked)	1 fillet	158
Haddock (broiled)	4 ounces (steak)	207

CALORIE COUNTER

FRUITS

		Calories
Apple (raw)	1 small	70
Banana	1 medium	85
Blueberries (frozen/unsweetened)	½ cup	45
Cantaloupe Melon	½ melon large	60
Cherries, fresh/whole	½ cup	40
Cranberries (sauce)	1 cup	54
Grapes	1 cup	65
Dates	3 or 4	95
Grapefruit (unsw.)	½	55
Orange	1 medium	70
Peach (fresh)	1	35
Plums	2	50
Tangerine (fresh)	1	40
Watermelon	1" slice	60

MEATS

Bacon (crisp)	2 slices	95
Frankfurter	1	155
Hamburger (ave. fat/broiled)	3 ounces	245
Hamburger (lean/broiled)	3 ounces	185
Ham (boiled/lean)	3 ounces	200
Ham (baked)	1 slice	100
Lamb Leg Roast	3 ounces	235
Lamb Chop (rib)	3 ounces	300
Liver (fried)	3½ ounces	210
Meat Loaf	1 slice	100
Pork Chop (med.)	3 ounces	340
Pork Roast	3 ounces	310
Pork Sausage	3 ounces	405
Roasts (Beef)		
Loin Roast	3½ ounces	340
Pot Roast (round)	3½ ounces	200
Rib Roast	3½ ounces	260
Rump Roast	3½ ounces	340
Spareribs	1 piece, 3 ribs	123
Swiss Steak	3½ ounces	300
Veal Chop (med.)	3 ounces	185
Veal Roast	3 ounces	230

SALADS AND DRESSINGS

Apple and Carrot (no dressing)	½ cup	100
Chef Salad/reg. oil	1 Tbsp.	160
Chef Salad/mayonnaise	1 Tbsp.	125
Chef Salad/French, Roquefort	1 Tbsp.	105
Cole Slaw (no dressing)	½ cup	102
Fruit Gelatin	1 square	139
Potato Salad (no dressing)	½ cup	184
Waldorf (no dressing)	½ cup	140
Boiled Dressing	1 Tbsp.	28
French Dressing	1 Tbsp.	60
Mayonnaise	1 Tbsp.	110

A "QUICK" Summary OF Herbs & Seeds

DILL	Both leaves and seeds of dill are used. Leaves may be used as a garnish or to cook with fish. Leaves or the whole plant may be used to flavor dill pickles.
FENNEL	Has a sweet hot flavor. Both seeds and leaves are used. Seeds may be used as a spice in very small quantity in pies and baked goods. Leaves may be boiled with fish.
MARJORAM	May be used both green and dry for flavoring soups and ragouts; and in stuffing for all meats and fish.
TARRAGON	Leaves have a hot, pungent taste. Valuable to use in all salads and sauces. Excellent in Tartar sauce. Leaves are pickled with gherkins. Used to flavor vinegar.
CURRY POWDER	A number of spices combined to proper proportions to give a distinct flavor to such dishes as vegetables of all kinds, meat, poultry and fish.
CHIVES	Leaves are used in many ways. May be used in salads, in cream cheese, in sandwiches, omelets, soups, and in fish dishes. Mild flavor of onion.
SAGE	Used fresh and dried. May be used in poultry and meat stuffings; in sausage and practically all meat combinations; in cheese and vegetable combinations, as in vegetable loaf, or curry. The flowers are sometimes used in salads.

continued

Herbs & Seeds

continued...

CARAWAY Seeds have a spicy smell and aromatic taste. Used in baked goods, in cakes, breads, soups, cheese, and sauerkraut.

PAPRIKA A Hungarian red pepper. Bright red in color. May be used in all meat and vegetable salads. In soups, both cream and stock. As a garnish for potatoes, cream cheese, salads or eggs.

BASIL Aromatic odor, warm sweet flavor, used whole or ground. Used with lamb, fish and vegetable dishes.

OREGANO Whole or ground, strong aromatic odor, used with tomato sauces, pizza and veal dishes.

BAY LEAF A pungent flavor. Available as whole leaf. Good in vegetable and fish soups, tomato sauces and juice. Remove before serving.

GINGER An aromatic, pungent root, sold fresh, dried, or ground. May be used in pickles, preserves, cakes, cookies, puddings, soups, pot roasts.

CHERVIL Aromatic herb of carrot family, like parsley but more delicate. Used fresh or dry in salads, soups, egg and cheese dishes.

SHALLOTS Small type onion producing large clusters of small bulbs. Used like garlic to flavor meats, poultry, sausage, head cheese.

VINEGAR Low percentage natural acid, generally acetic acid. Used as a preservative for all pickling of vegetables and fruit. To give zest or tangy flavor to salad dressings; for meat, fish and vegetable sauces. Different kinds are wine vinegar, malt or beer vinegar, white vinegar, cider vinegar, tarragon vinegar.

RETAIL AND WHOLESALE BEEF CHART

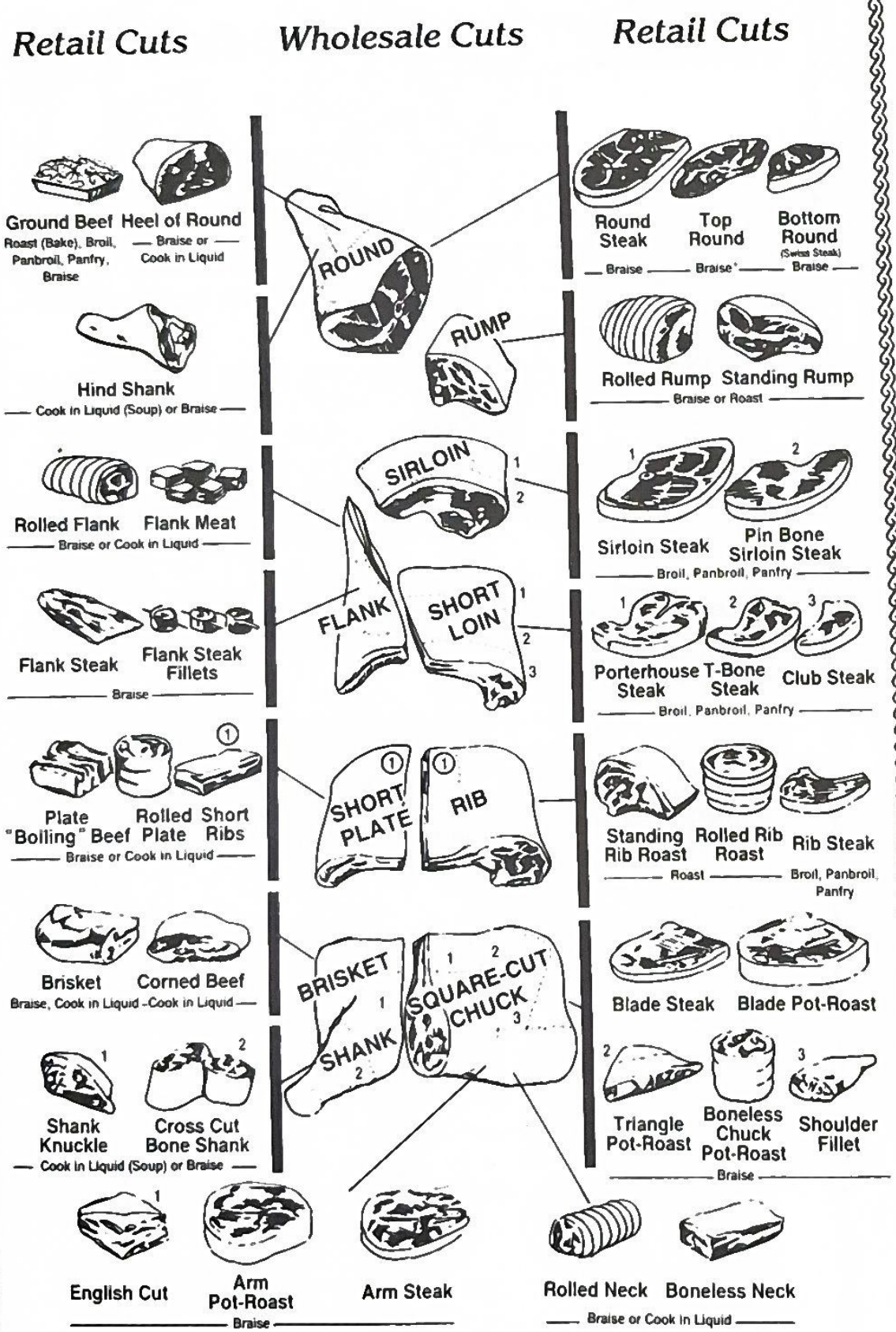


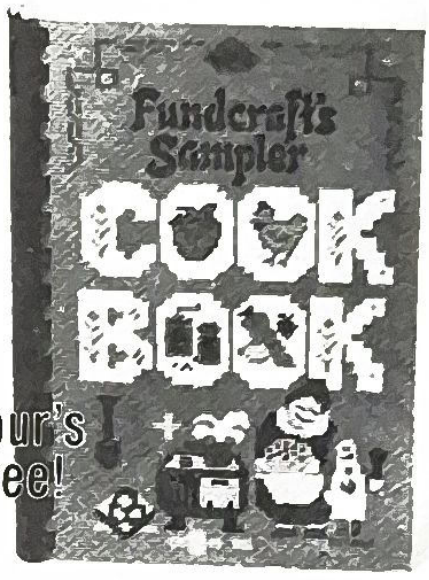
TABLE FOR COOKING VEGETABLES

Vegetable	Ways To Prepare	Cooking	Time
CELERY	Scrub thoroughly. Cut off leaves and trim roots. Slice into desired lengths.	Cook covered in small amount of boiling salted water or in consomme.	10-15 mins.
CORN	Remove husks and silks from fresh corn. Rinse and cook whole.	Cook covered in small amount of boiling salted water; OR cook uncovered in enough boiling salted water to cover ears.	6-8 mins.
EGGPLANT	Wash; If skin is tough, pare. Cut in ½-inch slices.	Dip in beaten egg, then in fine dry bread crumbs. Brown slowly on both sides in hot fat. Season.	Approx. 4 mins.
MUSHROOMS	Wash; cut off tips of stems. Leave whole or slice.	Add to melted butter in skillet; sprinkle with flour and mix. Cover and cook slowly, turning occasionally.	8-10 mins.
OKRA	Wash pods; cut off stems. Slice or leave whole.	Cook covered in small amount of boiling salted water.	8-15 mins.
PARSNIPS	Wash thoroughly; pare or scrape. Slice lengthwise or crosswise.	Cook covered in small amount of boiling salted water.	15-20 mins.
PEAS, Green	Shell and wash.	Cook covered in small amount of boiling salted water.	8-15 mins.
SPINACH	Cut off roots and wash several times in lukewarm water, lifting out of water as you wash.	Cook covered without adding water. Reduce heat when steam forms. Turn often while cooking.	3-5 mins.
TOMATOES	Wash ripened tomatoes.	Cook slowly, covered without adding water.	10-15 mins.
ZUCCHINI	Wash; do not pare. Slice thin.	Season and cook covered in butter in skillet for 5 mins. Uncover and cook till tender, turning slices.	10 mins. Total

QUANTITY COOKING

Food	25 Servings	100 Servings
MEAT, POULTRY OR FISH		
Beef and veal (roasted)	10 lbs.	40 lbs.
Fish, large whole	13 lbs.	50 lbs.
Fish, fillets or steaks	7½ lbs.	30 lbs.
Ham (roasted)	10 lbs.	30 lbs.
Hamburger	9 lbs.	35 lbs.
Meat Loaf	5 lbs.	18 lbs.
Pork Rib Roast	10 lbs.	36 lbs.
Pork Chops and Veal Cutlets	9 lbs.	30 lbs.
Turkey or Chicken (roasted)	16 lbs.	50 to 75 lbs.
SANDWICHES		
Bread	50 slices	200 slices
Butter	½ lb.	1½ lbs.
Mayonnaise	1 cup	4 to 6 cups
Mixed Filling (meats, eggs, fish)	1½ qts.	5 to 6 qts.
Lettuce	1½ heads	5 to 6 heads
SALADS, CASSEROLES		
Potato Salad	4¼ qts.	4½ gals.
Scalloped Potatoes	4½ qts.	17 qts.
Spaghetti	1¼ gals.	5 gals.
Baked Beans	¾ gals.	2½ gals.
Jello Salad	2 qts.	2½ gals.
Lettuce (large heads)	4 heads	12 heads
VEGETABLES		
Beets (fresh)	5 lbs.	20 lbs.
Beets (canned)	1 No. 10	4 No. 10
Cabbage (shredded)	5 lbs.	20 lbs.
Carrots (cooked)	6 lbs.	24 lbs.
Corn (canned)	3 No. 2	2 No. 10
Corn (frozen)	3 40-oz. pkgs.	10 40-oz. pkgs.
Peas (fresh)	18 lbs.	70 lbs.
Peas (frozen)	3 40-oz. pkgs.	10 40-oz. pkgs.
Sweet Potatoes (canned)	1 No. 10	4 No. 10
Sweet Potatoes (fresh)	7 lbs.	24 lbs.

Thank you. Enjoy this new cookbook knowing you have helped a worthy organization raise needed funds.



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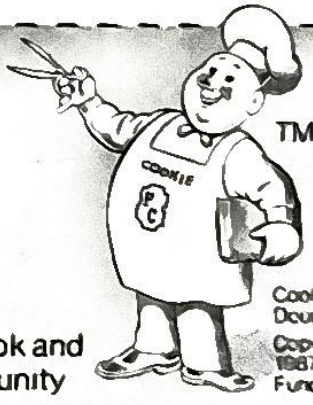

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